MEAL PLANNING AND TABLE SERVICE

N. BETH BAILEY

Doris M. Olson 25
Monroe Hall

Soda
acid
cornstarch
egg albumen

MEAL PLANNING AND TABLE SERVICE IN THE AMERICAN HOME

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With Preface by
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PREFACE

By Florence E. Busse

THE housewife in every home, no matter how simple that home may be, wishes to have the appointments of her table correct. Books have been written to help her, and these have outlined approved forms for various occasions. In such a book she may seek out the dictum for her more formal service, but she finds no analogy between this and the problem of serving her daily meals. "Table Service" has therefore come to mean an ordered scheme to be used only when guests are in the home, and has seemed to find no close relationship to the daily life of the family. But there is coming to be a realization that the demands of a complete family life necessitate that the repeated processes of regular living, which weave themselves so closely into the lives of the individual members of the family, should be carefully regulated.

The standards of the home are reflected definitely in the lives of the children who live there. The intelligent mother holds herself responsible for the many phases of the training of her family, one of the most important being the influence of the well-ordered meal. Since, according to a recent magazine, ninety-five per cent of our mothers employ no domestic assistance, an outline of a method for serving a dinner even with only one maid will be of little interest to the majority. But from the keen interest of women everywhere, as shown in clubs, in correspondence, in conference, there is a growing desire for a practical method for daily serving in their own homes. They seek help in developing a workable plan which will mean time saving and simplicity, as well as order and beauty in their everyday life.

The author has demonstrated in her classes in table service, that the maximum amount of time should not be given over to a study of plans for formal occasions, but that of far more importance is the analysis of the order of regular family meals. Thoughtful care will bring atmosphere and refinement to the

simplest meal. The woman whose means are small may find help in these pages. The woman who has wealth may use the same principles in more elaborate service. The American mother will find here a practical American way of serving her daily meals in order and beauty. Because the author discusses these principles, the college instructor may well use the subject-matter in her classes in meal planning and table serving, while the teacher in the elementary or secondary school will find this book a valuable reference for her work.

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INTRODUCTION

THIS book is intended for the home of that large group of women who have no maid, or at best, but one maid. In every case the work has been analyzed into the fundamental processes and basic rules have been stated. The execution of the processes also have been given. Every home presents a special problem which demands adjustment of minor details, but if the housewife understands the basic rules and the reason for these rules, the working out of details is very simple.

If there is no maid, and if the hostess must leave her place to perform the table service, the service should be adapted to meet this need. No one wishes to have his hostess wait on him with the same elaborateness as is expected of a servant. In a maidless household, a boy or girl of twelve or more years can be taught to set the table correctly and to wait on the table. Too many mothers err in this point. It will take time and patience to teach a young person to quietly leave his place at the table to perform the necessary service, but it is most essential to instill the idea that the mother is the hostess, not the servant of the household. Whenever possible, the mother should remain at the table to direct the conversation, to watch the wants of those at the table, and to insure a successful meal. Whether or not there is a waitress, the mother who realizes this responsibility will plan her table service in accordance with this ideal.

The aim of any table service must be:

1. To place food in perfect condition before those seated at the table.
2. To remove soiled dishes and silver from one course and prepare the table for the next course.
3. To perform such service with no disturbance or annoyance to those at the table.
4. To reduce the service to essential motions.
5. To have the rules for this table service so comprehensible and unvarying that a waitress is never in doubt as to the correct service.

In other words, in perfect table service a guest is never conscious of the performance of the service.

There are two methods of table service generally recognized, the right-hand and the left-hand service. In the right-hand service, the waitress places and removes all dishes from the right, using the hand farthest from the guest, i. e., the right hand. Therefore, all side dishes are placed at the right. Food that permits of a choice is passed to the left, using the left hand. In the left-hand service, the waitress places, passes, and removes all dishes at the left, using the hand farthest from the guest, i. e., the left hand. Therefore, all side dishes are placed at the left. The exception is that of beverages, which must obviously be placed at the right, using the right hand.

The left-hand table service is used in this book because I have found it to be simple and logical, and therefore easy to master. After using the right-hand service for six years in laboratory practice and at home, I was convinced that there was too much confusion in this service and that there were too many exceptions to the basic rules. While at Iowa State College I have had twenty-six classes in intensive work in meal planning and table service. In the first lessons, we decide on the facts that determine table service, and from these facts we work out basic rules of service. A test meal is served using first the right-hand, then the left-hand service. From such a study it is clear that the left-hand service is the easier and more quickly mastered because it eliminates hesitation and confusion. However, there are but few fundamental rules which can be followed without making exceptions occasionally. I recommend the left-hand service as a simple and practical method of obtaining perfect table service.

N. Beth Bailey.

Ames, Iowa, August, 1923.

A Breakfast Table

CHAPTER I

The Art of Entertaining and Being Entertained

1. *The Art of Entertaining*

THE successful hostess is the woman who has a keen appreciation of the meaning of hospitality. Such a hostess realizes that she is responsible for the happiness of her guests during the whole of the time they are under her roof. Entertaining at dinner, therefore, is more than the perfect service of excellent food in a well appointed dining-room. The sage, Brillat Savarin, said, "It is not what we eat so much as with whom we eat."

And so it is that a wise hostess selects with care the guests for a meal. Having chosen people who are sure to be congenial, the hostess next plans her menu to suit her conditions. She must always consider the "eternal fitness" of things and plan a menu that can be prepared and served correctly. If a hostess must do her own cooking and her own waiting on table, the menu must be vastly different from that served by Mrs. Very-rich, who has a retinue of servants. A guest has no desire to be waited on by her hostess as she would by a butler, yet the simpler meal may be every bit as enjoyable, since the success of the meal depends more on the spirit of hospitality that prevails in the home than it does on the number of dishes or the elaborateness of preparation.

With a menu planned which can be prepared and served with her special equipment, a good hostess next organizes the work so that there will be no last-minute rush. A gracious hostess greets her guests with calm composure and welcomes them to share a portion of her home life. No greater honor can be paid a guest.

The hostess must realize that her place is with her guests at all times. If she has no maid, her work should be so planned that the absences from the table are cut to the minimum. The tea wagon, service table and tray all help to accomplish this

purpose. The hostess who stays in the kitchen to serve her salad and dessert makes possible uncomfortable lapses in the conversation. Sounds of the egg beater, scraping of dishes, and running water, all give the impression of extra work. The guest feels that company preparations are being made for her benefit. She feels that the family life is upset because of her presence.

The hostess is always "the head of the table." It is her duty to guide the conversation into safe channels and to be watchful of the comfort of her guests. The host should of course help the hostess in perfecting this spirit of hospitality. When children are old enough to eat at a table with company, they should be taught to be courteous to guests.

2. *Meal Time and the Family Group*

It is at the table that the family group meets most often. In many homes, this is about the only time that the whole family meets together for any appreciable length of time. It is therefore most important that the proper spirit should prevail during this period. In forming any habit, it is basic to "never allow an exception to occur." This is no small task for the mother and father of a family, but if children are taught to always behave at the table, there need be no awkward slips when company comes. Nothing is more embarrassing to a guest than to have the meal hour used for teaching table manners.

At the table, no one should discuss petty troubles, quarrels, or other unpleasant matters. If the mother and father indulge in this form of conversation, it is small wonder that the children follow their lead. It is most unpleasant to hear children tease, whine, cry, or make a disturbance during a meal. A cheerful, happy atmosphere at the table is the best aid to good digestion. Many digestive disorders are due to unpleasant conditions during a meal.

Young children who require special foods are often more easily fed before the family meal. This generally gives the mother a chance to eat her meal in peace and it also gives the child a chance to eat without counter attractions.

When a child is allowed to eat at the table, the campaign for good table manners should be begun and never stopped until the child can eat correctly. If one places an oblong tray on the table before the child, the plate, glass, side dishes and silver may be placed on this tray. This tray protects the table-cloth and is more sightly than soiled linen.

The question of when to serve the plates for children depends on the age of the children. If a child is too young to cut his food, it is usually wise to serve that plate first. Either the father or mother may cut the food. If a child does not need this help, he should be served in the regular sequence as the others at the table. It is an error to always place children first in prominence, just as it is a pity to make them wait until last.

Doctors and dietitians agree that no one food is perfect in health-giving qualities. To get all the essentials for body growth and development, one needs a variety of foods. For this reason, it is of utmost importance that a child be taught to taste everything served to him. Usually a dislike for some food is due to some petty reason—possibly to a negative suggestion from one of the parents.

There are mothers who insist on their children eating proper foods, at the proper time, in the proper way. Such training is invaluable. It builds up healthy bodies in a way that no amount of medicine can do. Most children are interested in the composition and use of foods in the body. The food talks in our public schools illustrate this fact. Most any child would prefer a dish of well-cooked spinach to a large capsule of mineral iron or a tablespoonful of bitter iron medicine. The minerals, vegetable acids, vitamins, cellulose, and other body regulating substances found in food, are far more valuable than any known commercial product.

Therefore, correct habits of eating should be formed by the growing child. This may require all the psychology, strategy, and patience of both parents combined, but we all agree that the effort is worth while when the result means a healthy, well-mannered child.

In the ideal family life, table service, table manners, and

table conversation should be essentially the same, whether there is company or whether there is just the family group.

3. *A Word for the Host*

The responsibility for successful table conversation rests equally upon the host and hostess. If the hostess must wait on the table, the host should be sure the conversation is so interesting that her absence from the table is not felt. Likewise, while the host is carving, the hostess should assume the burden of conversation, and should distract the attention of the guests from the carver. Few hosts enjoy a dead silence with all eyes upon him and his task. Of course, no hostess will ever give directions to the host during his carving. The wise host will visit the kitchen before the meal is served to find out if there are any special instructions. For instance, some hostesses sort the white and dark meat of fried chicken so that the host can easily select the proper piece to serve.

It is needless to say that a thoughtful hostess will never serve for the first time a difficult roast when there is company. A baked fowl, a planked steak, prime ribs of beef, or a crown roast should always be served in the privacy of one's own family until the host feels free to perform before guests. The hostess can also help the host if she arranges the platter correctly. That is, the platter must not be overcrowded, and peas and other vegetables that are apt to roll off, should be served in cases.

First of all, the carving-knife must be sharpened before coming to the table.

Always carve across the grain of the meat. This cuts the fibers of the meat making it seem more tender.

The host should carve enough meat for everyone before beginning to serve the plates. An exception to this is a planked steak, or similar meat, which is so covered with vegetables that it becomes necessary to remove some of the vegetables nearest the carver before he can cut off any meat.

Do not lift the plate. Have the platter as close to the plate as possible, and use two pieces of silver if necessary. Do not chase a croquette or other serving around the platter for want of a fork held in the left hand.

Serve fairly small servings at first in order that guests may send their plates back for second helpings of certain foods.

Do not overcrowd the plate. There should always be a space left where the knife and fork may rest.

Do not place food too close to the edge of the plate. Avoid a messy plate.

Serve a bit of the garnish on each plate.

When the hostess has arranged an attractive platter it becomes the duty of the host to make each plate just as attractive.

The host should say for whom a plate is intended. The first one goes to the hostess, the second, to the guest on her right. Serve the guests in order of their seating at the hostess' right, then begin at her left.

When through carving the serving silver should be placed on the platter. Never let the silver hang off the platter or be placed on the table-cloth.

Gravy is served by the host, preferably.

Before asking a guest to be served a second time, the host carves a few portions of meat. The host asks the hostess to be re-served. She should take a second serving of something in order that the guests may feel free to be served again, if they so desire.

4. *Directions for Carving Special Cuts*

The carving fork should be placed in the meat at the left in such a position as to steady the whole roast or fowl. A skillful carver does not remove the fork during the entire carving.

To carve a rolled rib roast one needs a very sharp knife. Steady the roast with the fork plunged down deep into the side of the roast. Cut very thin slices across the grain. If the ribs have not been removed, have the platter placed on the table with the ribs protruding to the carver's left. Cut the same as for a rolled roast until the knife strikes the rib, then draw the knife along beside the bone so as to separate the slice from the bone.

The difficulty of carving a Porterhouse steak is greatly lessened if the bone is removed before cooking. If the bone is left in, the carver first cuts around the bone with the point of his steak knife, freeing the meat from the bone. He must know

that there are really three kinds of meat in a Porterhouse steak: the tenderloin and the sirloin at the wider end of the steak and on opposite sides of the long bone, and the flank at the small end, which is much tougher than the other two. In fact, the flank end is often cut off before cooking, and used the next day for Hamburg steak. The tenderloin and sirloin must each be divided into as many portions as there are guests in order that all guests may be served alike.

To carve poultry, place the platter on the table with the neck to the left. The bird of course is on its back. Some carvers prefer to have the bird placed diagonally rather than parallel to the edge of the table. Plunge the fork into the fowl at the point of the breast bone just above the tip of the wish-bone. Grasp the fork in the left hand. To separate the leg from the body, cut down to the leg joint and force the leg over sharply from the carcass. To separate the drum-stick from the thigh, cut directly across the joint from the inside of the angle. A carver must become familiar with this joint in an uncooked fowl in order that the exact location of the joint is learned. If the fowl is large the meat may be removed from the bone of the second joint. Often, in a turkey, three pieces are made of the thigh.

Next carve thin slices of white meat from the breast of the fowl, cutting parallel with the breast bone. The wish-bone may be cut off. The wings are easily disjointed by cutting down and forcing out the wing in the same manner as in removing the leg.

Carve only enough to serve all the guests. If it is necessary, both sides of the bird are carved.

Ask a guest what portion he desires. If no choice is given, a slice of white and one of dark should be served.

A sharp knife and a well-cooked fowl are the two best aids to successful carving.

To sharpen a knife, hold the steel in the left hand, the point raised and inclined a little toward the carver. The knife should be held in the right hand, edge down, in position for cutting, except that it should be at an angle of about 30 degrees with the steel. Starting with the heel of the knife blade in contact with one side of the steel near its point, with a cutting motion, draw

the knife along the side of the steel downward toward the left hand, thus bringing the entire length of the knife edge in contact with the steel. Repeat this stroke on the opposite side of the steel, turning the knife to the proper angle with the steel. Repeat the process. The touch should be very light. About half a dozen strokes are usually enough to sharpen the edge if the knife is made of good steel.

5. *The Art of Being a Guest*

Having accepted an invitation, one assumes certain obligations. The first is punctuality. If the invitation is for luncheon, dinner or "bridge," one should arrive five to ten minutes before the hour set. It is equally bad to arrive too early or too late.

It is the duty of every guest to enter into the spirit of the occasion and do his best to make the party a success. If one is feeling "out of sorts," it is far better to 'phone regrets, rather than cast a shadow over the whole gathering by one's spirit of gloom. The popular guest is the one who "fits in" with the other guests. One should show an interest in the conversation and do one's share in starting new topics that are of interest to all.

Never notice any irregularity in the working of the household. An outsider can seldom help in settling a family affair.

If a hostess has prepared the meal, it is gratifying to her to have a guest mention the excellence of a certain dish. Otherwise it is not considered good form to discuss the merits of the food one is eating.

At the close of a meal, a guest stays but half an hour unless asked to spend the evening. In leaving, one should take leave of both host and hostess, expressing pleasure in having been invited. It is not necessary to say good-bye to all the other guests, but just bow slightly to those still in the room.

It is customary for all the guests to leave when the first one leaves. The lady guest of honor is usually the first one to leave, although if the hour is late, it is proper for one of the other ladies to rise to leave.

While calling is not considered as all-important as it was at one time, one should make a call after a first dinner invitation.

One should return a dinner with a dinner, a "bridge" with a "bridge."

A new-comer in a town should follow these formal customs until she is certain of local customs. It is customary to call on a new-comer before inviting her to your home. The older resident should always be the first one to extend an invitation.

6. *"Lest We Forget"*

The basis of all good manners is tact, that is, a kindly consideration for others. To be well mannered at the table is to be able to eat food and drink beverages without attracting attention and wtihout being in any way repulsive or rude to the others at the table. The laws of table etiquette aim to prevent accidents. At a table, stress is laid on the spirit of sociability rather than the mechanics of eating. At best, eating is not a pleasant operation to watch, and it is only by consideration and care that we can eat in company without being unsightly.

Guests should arrive five to ten minutes before the hour set for dinner. It is an "unpardonable sin" to neglect a dinner invitation or to be late in arriving. "In a cook, the most essential quality is punctuality; it should be also that of the guest." It is a breach of politeness toward those guests who are punctual when they are kept long waiting for one who is late.

The hostess must always be ready to greet her guests. After bidding them welcome, and seeing that they are comfortable, she may excuse herself to attend to the serving of the meal. The true hostess has her work so planned that she need not be in the kitchen over ten minutes in this last preparation, lest the guests are made to feel that the hostess is put to great trouble by their presence.

If place cards are used, when a meal is announced, the host leads the way to the dining-room with the lady guest of honor. The hostess comes last with the man guest of honor. On less formal occasions the hostess enters first in order that she may direct the seating of the guests. It is well to seat the guests so that those who come together (as man and wife) do not sit side by side.

When entertaining a number of guests, if one guest is late, the hostess need not wait more than fifteen minutes for him.

TABLE ETIQUETTE—This is the only correct way to hold a knife and fork. Notice that the handles are not visible.

TABLE ETIQUETTE—Food is carried to the mouth on the fork, prongs up, held in the right hand.

TABLE ETIQUETTE—The Continental custom is to carry meat to the mouth on the fork held in the left hand, with the prongs of the fork turned down.

When he appears, the host rises from the table to greet him. The hostess does not leave her place. If he comes after the first course is served, make no attempt to serve the previous course to him, but serve him as the others are served.

Never allow guests to note perplexities, such as trouble with children, or household affairs. If children are taught to eat correctly, one need not try to discipline on company manners before the guests.

Stand behind the chair until the hostess sits. Sit down from left side of chair. Do not move the chair unless it is necessary. The hostess unfolds her napkin first, takes up the silver to be used, and in all cases gives the signal for beginning to eat. The napkin is placed on the lap, not entirely spread out. Make no display in so doing, but unfold it under the table. One should wait before beginning to eat until all at the table are served. At a very long table, guests often begin to eat when those near them are served. Otherwise, the food may get cold.

When a host offers to serve one at the table he may say, "May I serve you to——?" or "May I help you to——?" or "Let me give you——"

TABLE ETIQUETTE—Spread only a small portion of bread at one time.

TABLE ETIQUETTE—Leave knife and fork side by side in the center of the plate.

TABLE ETIQUETTE—Dip the soup spoon away from you.
"Like little boats put out to sea,
I dip my spoon away from me."

TABLE ETIQUETTE—At the close of the meal leave the dishes in place. Leave silver so placed that there is no danger of an accident.

Table conversation should be cheerful and pleasant and of such a kind that everyone may take part. A hostess will endeavor to give each guest a chance to talk. She will avoid discussions of unpleasant topics, as an operation, a serious accident, filth, etc. One should avoid heated arguments. It is therefore desirable not to discuss political or religious beliefs when strangers are present.

Cheerful conversation makes a successful meal. It always is a first aid to good digestion. Each member at the table is responsible for proper conversation.

Sit upright at the table. Do not lounge in the chair or lean on the table. Do not twist your feet around the rungs of the chairs. It is best to keep the elbows off the table. Between courses, it is permissible to lean on your elbows while talking. This custom prevails in public eating places where the noise makes it difficult to hear the conversation of others at the table. In eating, keep your elbows fairly close to your side. Don't interfere with your neighbor's eating.

Never reach in front of a person. If you wish something, ask to have it passed.

Keep the table-cloth clean. Avoid spots and unnecessary crumbs. When silver is once used, never rest it on the table-cloth, as it is no longer perfectly clean. Place such silver on the plate or saucer, where it is safe from causing a possible accident.

If asked to pass food, place the serving silver in the dish, if there is any, and pass the dish to the one next you. Have the handle convenient for him to take. The hostess may say, "Help yourself to the bread and pass it." In that case only, help yourself first.

Tidiness of personal appearance is never at a higher premium than at the table. At breakfast, as at all other meals, one should appear with hair combed and properly dressed. A boudoir cap and kimono are for use in one's bedroom.

Never put your finger in your mouth at the table, nor pick your teeth. Do not touch or arrange your hair. Do not stir your food all together before beginning to eat. Your plate must never look unsightly.

In case of accident simply express a regret; be not too profuse; the hostess must change the conversation so as to cover any embarrassment. Undue embarrassment only increases the awkwardness of the situation.

If asked to express a choice of food, do so at once. If not, take what is served without comment. Do not show a dislike for any food served lest the hostess be uncomfortable. In case you do not care for a course, do not refuse it. Take a small portion and try to eat some of it. By more attention to the conversation your dislike will not be noticed. If one tastes food which one does not care to swallow, it may be removed from the mouth with the fingers or fork, and placed on the side of the plate, attracting as little attention as possible.

The mouth should be closed while it contains food. Keep your lips closed while chewing food. Do not smack your lips. The mouth should not be too full, as it is often necessary to reply to some question. Take small bites. If a question is asked you, wait until you swallow all the food before answering.

Be dainty and skillful in using your silver, thus avoiding soiling the table-cloth.

Do not apologize for the cooking; make no excuse.

Do not mention the cost of any food.

Do not eat too fast.

In using a handkerchief always do so sparingly and unobtrusively. Better retire than be obnoxious.

Do not read at the table unless you are alone.

Never use your own silver to remove food from the platter or serving plate. Always use the serving silver provided.

Never pick up and hold a dish while eating. Be skillful enough to carry the food from the plate to your mouth.

In cutting food, hold the knife in the right hand, the fork in the left, tines down, grasping the handle firmly and naturally. There is only one right way to hold a knife and fork. Both have handles. These handles should be grasped firmly in the hand just as the handle of a hammer, a curling iron, or any other article. In so doing, the end of the handle rests in the palm of the hand and is never seen, the index finger extending

along the handle to steady and guide the knife or fork. Cut just enough meat for one or two bites at a time.

In raising food to the mouth, use the fork in the right hand, the tines up. The continental custom, however, is to use the fork in the left hand, tines turned down. If so used, do not pile the food onto the tines with the knife, but use the fork as a pick.

Use a fork rather than a spoon whenever possible. For buttered vegetables use a fork. Creamed vegetables may be eaten with a spoon. A fork is preferable for brick ice cream.

When not in use, the knife and fork are left in the center of the plate, side by side, the blade of the knife turned toward the center of the plate. This prevents any possibility of accident in removing the plate.

Do not gesticulate with the silver.

Never hold food on the fork while you are talking, ready, as soon as you reach a pause, to put into your mouth. Having once picked it up, eat it promptly.

A fork is used to eat cake which has soft frosting. But if the cake may be handled without soiling the fingers, no fork need be used. The hostess determines whether or not a fork is needed. Do not use a spoon to eat cake.

Use a fork to cut lettuce. Unless a special knife is provided, do not cut the lettuce with a knife.

An ice served with the meat course is eaten with the dinner fork. This means that the ice must be frozen hard and served just after all the plates are served. If the hostess has provided a spoon, use it. The spoon must be left on the dinner plate when not in use.

Cut meat from the bone, leaving all that does not separate. It is only in the privacy of the family circle that one may pick up a chicken or chop bone and gnaw the meat off.

"Like little boats put out to sea,
I dip my spoon away from me."

In using a soup spoon dip away from you, and drink the soup from the side of the spoon. Do not be a noisy soup eater. Do not blow on soup or other food to cool it. Never tip the

soup plate or break crackers or bread into the soup. However, two or three croutons may be dropped into the soup just before it is brought to the table.

Take only a portion of food into the mouth that can be eaten at once. Having once put food in the mouth, eat the whole bite, do not draw out the spoon or fork with a remaining portion still uneaten.

Drink beverages quietly. A spoon may be used to test the temperature, but after that the spoon is left in the saucer and the beverage is drunk.

Never leave the spoon standing in a cup or in a sherbet glass. To do so may cause an accident.

Bread is not cut, but a fairly small piece is broken off and is buttered while resting on the bread-and-butter plate. Do not rest it on the hand or on the table-cloth. Never spread a whole slice at one time, nor take a bite from the whole slice. If there is no bread-and-butter plate, the bread is rested on the dinner plate in spreading.

Bread, small pickles, olives, nuts, radishes, celery, candy, and crystallized fruit, are eaten with the fingers.

Never place any food on the table-cloth. To do so soils the linen and makes one's place unsightly. This applies to salt, bread, radishes, celery, and all other foods.

A relish, jelly, or pickle that is a meat accompaniment is placed on the dinner plate. If honey, jam or conserve is served with hot breads, it may be placed on the bread-and-butter plate or the dinner plate. This may be eaten with a fork, as the relishes, or one may use the butter spreader to spread the jam on one bite of bread just before eating it. Never spread a whole biscuit or slice of bread at one time. Do not use the biscuit to wipe up all the jam.

Corn on the cob is not served at a formal affair. If not served with silver handles, break the ear into three-inch pieces and hold in one hand only, while eating.

If asked, it is permissible to take a second serving even though it be the last on the plate. In passing the plate for a second serving, leave the knife and fork placed on the plate side by side so that there is no danger of their slipping off.

Never hold the silver in the hand or lay it on the table-cloth or rest it on the butter plate.

A bit of bread, but nothing else, may be used to help food upon the fork. Never scrape or tip the plate to get the last drop, as if not fully satisfied with your portion.

Toothpicks are never used outside the privacy of one's own room.

If finger bowls are used, each person should have one. Dip only the finger tips of one hand into the water at one time and wipe upon your napkin.

The hostess continues eating until all are finished lest some guests be embarrassed at finding himself the last to finish.

The napkin is left in the lap until the hostess places hers on the table just prior to rising. A guest who is staying for consecutive meals should fold her napkin inconspicuously. If invited but for one meal, lay the napkin on the table only partly folded, not rumpled. Do not lift the napkin above the table in folding. Do not leave the table until you have entirely ceased chewing. When you have finished eating, leave your dishes in place. Do not stack them or shove them back. Leave the dishes of the last course exactly as used.

Arise from the left side of the chair. If necessary, push the chair close to the table so that one may easily pass.

Do not criticize manners of elderly people. Remember customs change, and that which seems queer today, may have been good form a generation ago.

Watch not the table manners of others, lest in so doing you neglect your own.

If obliged to leave the table in the midst of the meal, ask permission of the hostess, and go quietly. Leave your napkin on the table at the left of your plate.

One should remain half an hour or so after dinner. On leaving, both host and hostess should be thanked for their hospitality.

It is still considered good form to make a dinner call within two weeks. In case one is leaving town before calling, a note of appreciation should be written to the hostess.

CHAPTER II

The Choice of Equipment for the Dining-Room

1. *The Dining-Room*

THE essential qualities of a dining-room are cleanliness and utility. Therefore, in all the equipment and decoration of the dining-room these two qualities must determine the choice. Is it easily cleaned? Is it useful? Is it convenient? These are the questions to consider.

LOCATION

A south or southeast exposure is most desirable because sunshine is needed in a dining-room. It is in the dining-room, more than in any other part of the house, that the family comes together in the daytime. Sunshine makes for a happier family at meal-time, and that in turn means better digestion. A worried mind can cause much trouble in the assimilation of food.

SHAPE

An oblong dining-room is best, since all the main pieces of furniture are oblong. Avoid too narrow a room. A person waiting on table should be able to get around the table without difficulty. Arrange the furniture with this idea in mind.

THE BREAKFAST NOOK

The breakfast nook can be a great time and step saver in the no-maid home. But it must be properly placed. To save time, the stove, the sink, and the table as the work unit, should be fairly near the dining-room. This means doing away with the butler's pantry, since we have no butler to stay in the pantry. But if the breakfast room or nook is placed between the work unit and the dining-room, the same old error is made. Consider the route taken by a housewife in the preparation of a meal, and place the breakfast nook on an outside wall. The windows in the nook should be low enough so that one can enjoy the

outdoors. This nook may be just big enough for a table and two high-backed benches, or it may have table and seats that fold up when not in use. The breakfast nook, properly placed, is a great joy for breakfasts, luncheons, and the in-between emergency meals. Sanitas sets or crash runners are most appropriate for table covers, and save much laundry.

WINDOWS

A group of windows is very attractive because a dining-room needs plenty of light.

FLOOR FINISH

The floor should be of hardwood, dull finished, not too slippery, but easily cleaned. Some rooms have a neutral shade of linoleum that is very satisfactory.

COLOR

Choose a neutral color that will be a pleasing background for all color schemes used at the table. A light buff, a cream, or a light gray, are desirable. Certain shades of blue are cool and clean-looking, and may be used if the room is a south exposure. But blue walls do not make a good background for all color schemes, especially the red and green used during the holiday season.

CURTAINS

Sunlight and air are essentials of the dining-room. Don't let the desire for decorative effects override the need for cleanliness. Washable curtains of simple design are preferred.

RUGS

The essential points in the selection of a rug for the dining-room are:

a. It must be easily cleaned. Avoid long nap
b. A rug with a firm back will lie flat to the floor.
c. Small all-over designs will not show grease spots and dirt.
d. One large rug stays in place more easily than small rugs.

e. A rug should lessen the sound of walking and add color to the room. It must be of a darker value than the walls.

DECORATION

An object is not beautiful unless it serves a purpose. The table should be the most interesting element in the dining-room. If the wall spaces permit, and the room needs color, a picture may be hung in the dining-room. Most pictures of edibles, as fruit, vegetables, fish or animals, should be avoided, because one does not care to be reminded of the source of all foods. Stuffed game and fish are not decorative for a family dining-room. They are dirt catchers, and should be stored in the den or room of the one who enjoys these trophies. A dining-room is no place for collections of dishes, dried berries, or souvenirs. If there is a plate-rail, it should be used to hold one or two really beautiful pieces of pottery, but it should never be a storage shelf. China cabinets and glass doors in china cupboards give an effect of a china shop, and detract from the real beauty of the room.

2. Dining-room Furniture

Choose the size, style and price according to the plan of the rest of the house. There are many sets of enameled wood that are most attractive and less expensive than walnut and mahogany. Avoid ivory or white enamel, as these show dirt so readily that they are a great care.

The table may be oblong, square or round, according to the prevailing style, but consider these points:

a. A dull hard finish is not easily marred.
b. Have a fine-grained wood.
c. Do not buy cheap, veneered furniture. In time, the thin coating of veneer will splinter off.
d. See the table extended with all the leaves. Does it give the appearance of a unit? Are the legs grouped well? Be sure the leaves are the same grain and finish. Number the boards in their order.
e. Do not have the legs of the table flush with the edge; consider the possibility of having to seat a guest in front of a table leg.

f. Avoid anything that might be a foot-rest. Guests will find it and use it.

g. Consider the design as a possible dust catcher as well as for its beauty of line.

In the selection of chairs similar points may be mentioned. Chairs must be comfortable. They should be so constructed at the joints that no piece or part will pull out. Chairs are moved about so much that the top rail in back should be mortised into the upper part of the back legs. The more expensive chairs are upholstered in heavy cloth. One should avoid features that are a matter of fashion more than comfort. The real points of emphasis, other than design, are comfort and durability.

A buffet or sideboard may be needed for linen and silver, but if there are enough built-in cupboards and drawers, do not take up valuable space with a sideboard. A buffet should be firm enough to hold the heavy load of silver and linen, and should have suitable drawer space for table-cloths and other large pieces of linen. A mirror is not desirable in a small dining-room. No one likes to be placed opposite a mirror during a meal. A buffet should be covered with a linen scarf or with doilies. Candlesticks, pottery or flowers may be placed on the buffet, but it should not be used as a serving table for dishes containing food.

A serving table is most useful in table service. It should be a small, firmly-built table. A tea-wagon may take the place of a service table. In selecting a tea-wagon be sure it is firm, and see if it can be easily wheeled when food is on top. If not, it is better to have a good, firm table, and use a tray when a number of dishes are to be served.

3. *Table Linen*

Select linens according to the size and shape of the table. In these days of high-priced linen, many attractive lunch cloths and luncheon sets are used for breakfasts and luncheon. Be careful not to buy too many novelty cloths, since styles change so quickly. Always consider the ease and effectiveness of laundering linen. If a piece will not wash and iron easily, it is not

desirable. Unbleached muslin and other cotton fabrics are, therefore, not practical.

Small doilies make a very difficult service because there is a rule in service that states, "There must be no plate without a doily under it, and no doily without a plate on it." An oblong place doily for each guest, or a lunch cloth over the entire table, is much more practical.

In buying table linen, go to a reliable firm and ask the advice of the buyer as to the quality of linen. Then buy the best you can afford. At the January white goods sales, one can often buy good linen at a discount if it is a soiled piece or an old pattern. But beware of linen with much filler or many mercerized cotton threads. It takes an expert to really judge the true value of unlaundered linen.

Cotton and union cloth can be laundered to look very well, but these are never as pretty or as serviceable as pure linen, though the price is in their favor.

Sizes of table-cloths vary. A pattern cloth must be bought to exactly fit the table. Usually a table set for six guests takes a two and one-half yard cloth. This allows a six to eight-inch hangover at the ends. Pattern cloths are more expensive than linen by the yard.

Sizes of napkins vary with fashion. Usually the dinner napkin is twenty-two or twenty-four inches. The twenty-seven inch napkin is seldom used. In luncheon sizes, the napkins are fifteen inches to eighteen inches. Avoid the extremely big or small napkins.

Never spoil beautiful linen with a poor monogram or initial. Few people should ever attempt to embroider anything on a lovely cloth. If you can not afford to have the linen marked by an expert, use the linen unmarked. Each year brings out a new fashion as to the size, kind, and placing of the initial. One should consider the set table in deciding on the placing of the handwork.

Decorative types of linen are as changing as fashions of dress. Do not over-stock with linen. The Madeira linen is the most stable in its popularity. One should select with care the pieces of mosaic, antique fillet, fillet, Roman cutwork, Venetian

lace, Barona lace or Italian and Russian drawn work. Each of these types of handwork has its special charm and is adapted to certain uses.

A housewife should select those pieces of handwork and those types of table covers that are best suited to her style of dining-room. For the cottage dining-room, with its enameled table, creamy linens and colored linens are especially good; while a mahogany or black walnut table can best set off the beauty of Italian mosaic and antique fillet.

INDIVIDUALITY IN TABLE EQUIPMENT
China—Royal Doulton, semi-porcelain, Old Leeds spray pattern.
Linen—Italian drawn work.
Silver—Sterling—Mt. Vernon pattern.

4. *Silver*

Silver is usually spoken of as either sterling or plated. Sterling silver is really an alloy of about 925 parts of silver to 75 parts of copper. The copper is added to give hardness. Sterling silver is beautiful and durable, but it is also very expensive.

Plated silver may be very durable, or good for nothing, according to the number of pennyweights of silver used to coat a dozen pieces. This is indicated on some silver by "dwt.," meaning pennyweights; or other silver is stamped single, double or triple plate. Triple plated ware should last a lifetime if well cared for. The silver is plated onto a firm metal base, as copper or German silver. The white metal base is preferable to the dark metal for long use. There are a number of firms making

good triple plated ware. Makers of plated ware advertise the kind of plate made by their company. Ask a reliable jeweler concerning the quality if you are unfamiliar with the maker's name. For knives and forks, 12 dwt. is equivalent to triple plate. For teaspoons, 10 dwt., and for tablespoons, 20 dwt. stamped on the piece, indicates triple plate. Some silver is reinforced with an extra plating on the part that receives the most wear. Do not expect long service from anything less than triple plate.

Steel bladed knives made of stainless steel are most desirable. The hollow handle knives and the flat handle forks are in most common use.

In choosing a pattern of silver, ask to see all the pieces to be sure you like the shapes of the butter spreaders, salad forks, and the other pieces. Be sure the handles are comfortable to hold. Consider the effect of a whole table set with that pattern. Do not get a pattern that will show scratches too easily. Since patterns of silver are discontinued after a certain period of time, it is well to find out how long a pattern has been on the market, and how much longer it is to be made.

In cleaning silver, rub with chamois or soft flannel to give a soft satin finish. Avoid those silver cleaning agents that leave the silver shining bright and remove the darkened chased work.

Silver serving dishes are sold in sterling and in plated ware. Sterling silver dishes are usually beyond the price one can afford. In buying plated ware, be sure the basic metal is nickel or German silver rather than copper. If the plating wears thin, the yellowish hue of the copper will show through much more than if a silver colored base were used. Sheffield plate is a term now used to mean plated ware. Since it is no longer a trade term of high quality, one must inquire what is the real quality of plating. It is not advisable to buy less than a triple or a quadruple plate for cake plates, creams and sugars and such dishes.

Some silver has a lacquered finish which prevents tarnish. If this starts to peel off, the whole coating of lacquer must be removed by a special cleaning agent.

5. *China*

The term china is popularly applied to both porcelain and semi-porcelain, though strictly speaking, china means porcelain.

Porcelain is transparent, highly glazed, and non-absorbent of colors or flavors. It breaks easily. If it chips, the broken edges are the same color as the surface. Porcelain has a wide range in quality and price, depending on the quality of clay used, the firing, and the workmanship.

Semi-porcelain is not transparent, is not so highly glazed, and it is absorbent of colors and flavors. It cracks and chips with strong heat and hard wear. The broken edges show a darker porous-like surface. The cracks discolor. Semi-porcelain has not the range in price that porcelain has. It is less expensive ware.

From this comparison it is evident that semi-porcelain is not satisfactory for dinner ware, but it is used for breakfast and luncheon ware. The English semi-porcelains are famous for their lovely old designs and artistic shapes. Of these, the Royal Doulton, Wedgwood, Willow, and Chelsea wares are best known.

For dinner ware, porcelain is most serviceable and beautiful. There are two very good makes of American china, Syracuse and Lenox ware. The Syracuse has a wide range in price from the heavy hotel ware to very good dinner ware. The Lenox ware has a lovely creamy tint. This is a higher priced china and is considered as fine as any china made. England makes beautiful china also. The Minton, Wedgwood, and Royal Doulton chinas are of high quality.

In France there is Haviland, that has long held a high place in chinas. There are also the less expensive Theodore Haviland and the Limoges china. Both of these are very serviceable for everyday use. Bavarian china has a wide range in price, patterns, and quality. The Japanese are now making a good quality of china that resembles the American ware. Japan also makes lovely luster and gold encrusted ware.

China is sold as "firsts" and "seconds." "Firsts" are perfect in glaze, shape, and design. "Seconds" are imperfect in glaze,

shape, or design. One must never buy china with an imperfect glaze. But if the shape or the design is not perfect, the china may be worth purchasing.

In selecting china, one must decide first on porcelain or semi-porcelain, depending on the purpose for which it is bought. One should buy of open-stock patterns in order that they may be readily replaced. One should see a table set with the dishes to be sure the effect of a number of pieces together is pleasing.

Designs on china may be conventional or unconventional, depending on the type of ware. The semi-porcelains usually have unconventional patterns of gay colors. These make an attractive breakfast table. But if these same bright colors and big designs are used on dinner ware, the set table is spotty and undignified. For dinner ware, it is desirable to choose a small, conventional design of such colors as will harmonize well with all color schemes. One is not apt to tire of such a pattern. Plain white china adds nothing to the beauty of a table and lacks personality.

The shape of the various pieces of china may be graceful or not. It is therefore necessary to see all the pieces one intends to buy. It is well to test the pitchers to be sure they really pour easily.

It is not necessary to have an entire dinner served on the same type of china, but all the dishes used in one course should match.

For formal service a service plate is used between courses. It is as large or larger than the dinner plate and should be richly decorated and very beautiful. Service plates are never used for food. They are always the most costly plates made.

The sizes of plates vary in different sets. The dinner plate is from 9 to 10 inches in diameter, the luncheon plate 8 to 9 inches in diameter, the dessert and breakfast plate 7 to 8 inches in diameter, the salad plate is about 7 inches in diameter, and the bread-and-butter plate is about 6 inches in diameter.

Styles change as to the use of glass and silver plates for part of the service in a meal.

It is possible for the woman who loves china to buy several different kinds if she is careful in her selection. Thus she may

have a semi-porcelain breakfast set of Royal Doulton, Old Leeds Spray. She may buy Syracuse dinner and bread-and-butter plates, Wedgwood salad plates, and Lenox ware for dessert. But these chinas must never be mixed in one course.

China should show the personality of the hostess. It should be in keeping with the linen and other dining-room appointments. On an Italian mosaic luncheon set one may use Lenox china. On home spun linen runners one should choose semi-porcelain.

Eight-inch nappie and four-inch nappie used for serving desserts at the table. Winton pattern glassware.

6. *Glassware*

Glassware may be "pressed," "blown" or "cut" glass. The pressed glass is heavy, thick, and rather clumsy. It is an inexpensive glass and stands hard use, but it is too heavy for anything but very informal use. Blown glass is most desirable for general use. It is of uniform thinness. The price of blown glass depends on the perfection of shape, clearness, color, and design. Some blown glass has an etched design, others have a cut design. The clearness and the workmanship determines the price. Cut glass reflects light and is therefore very beautiful in artificial light. Imitation cut glass is ugly and should never be bought.

In ornamental glassware we have silver, gold, and enameled designs, and iridescent and colored glass. Styles in glassware change from year to year. The conservative buyer will avoid overbuying glassware. The shape of glassware is very important. One should select the pattern of glassware with strict

attention to the shapes of all the different pieces. Sherbet glasses are of varying heights. The tall-stemmed glasses are usually more formal than the low stemmed. For family service, the 4-inch nappie is more practical than the sherbet glass. The dessert can be brought to the table in an 8-inch nappie, and served into the 4-inch nappies without danger of upsetting.

The woman of moderate means should select blown glassware of good shape, clearness, and of little design. Fads in glassware are expensive and changing.

CHAPTER III

The Rules of Table Service

1. *Setting the Table*

SETTING a table is like drawing a picture. The family spends from one to two hours at the table for the three meals a day. It is of great importance, therefore, that the picture spread before them conforms to the laws of beauty in design. An attractive, well-set table is a background for good manners and a successful meal.

FUNDAMENTAL RULES THAT GOVERN TABLE SETTING

1. The set table must appear balanced. Dishes must be so placed that no spot is crowded, no side or end is over-balanced with dishes.

2. All the lines on the table should go across or lengthwise of the table. A diagonal line attracts attention, and should be avoided. Therefore, the handles of dishes, bread-and-butter spreaders, oyster forks, salt-and-pepper sets, must follow this rule. If round doilies are used, the threads should also be placed parallel to the edge of the table, not on a diagonal. All dishes, linen, and silver must be placed to follow this rule, or the effect is one of carelessness.

3. Dishes and serving silver must be placed for convenience. Do not put a dish of jelly or pickles so far toward the middle of the table that no one can reach it.

4. The silver, china, linen, and glass put in place for one person at the beginning of a meal are called "a cover." Each cover requires twenty to twenty-four inches of length and fifteen inches for depth. The cover should not be crowded, yet it must be a definite unit. This does not permit sprawling silverware and straying glasses and plates.

5. The table is set according to the type of service that is to be used. If there is no maid, set the table to make the service simple and easy. Avoid unnecessary steps. The service table

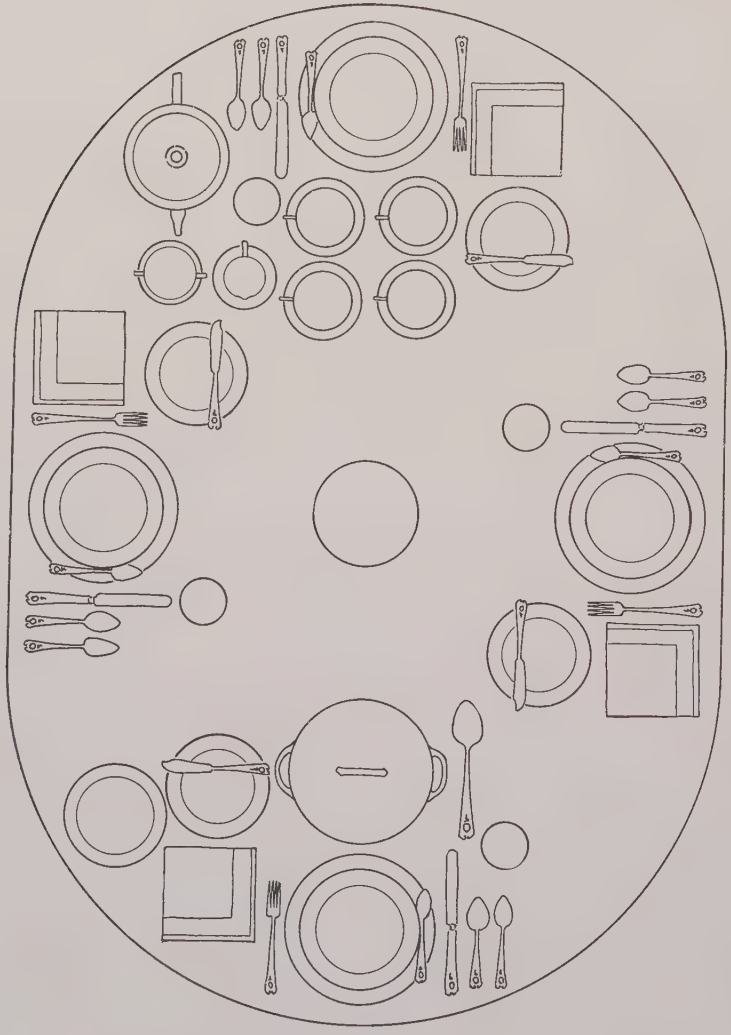


TABLE SET FOR BREAKFAST.

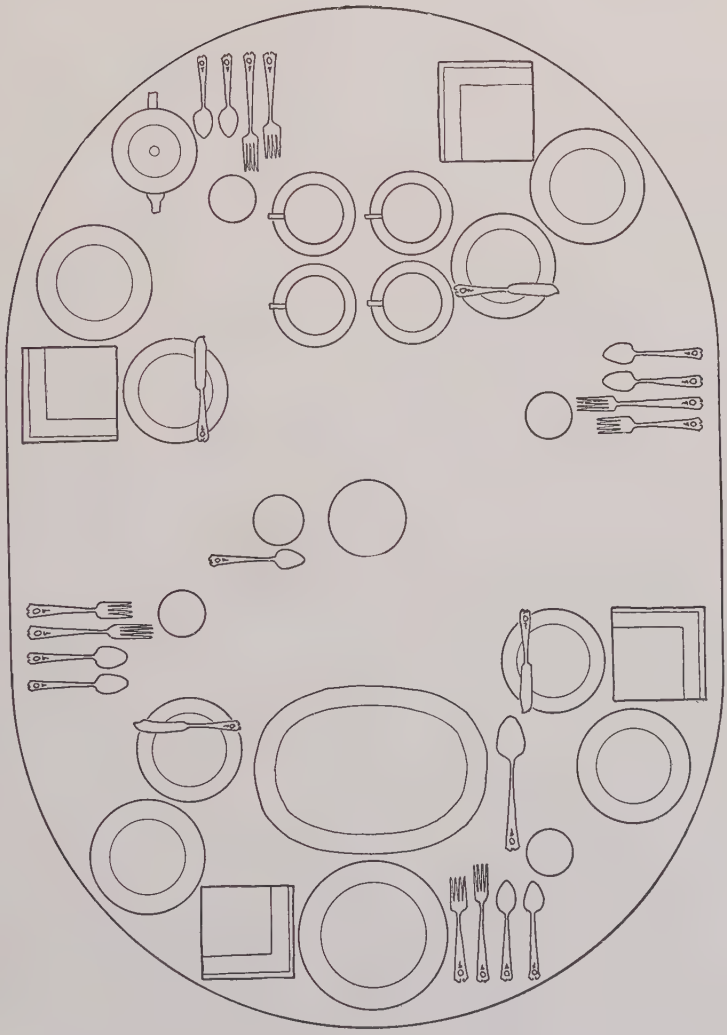


TABLE SET FOR LUNCHEON.

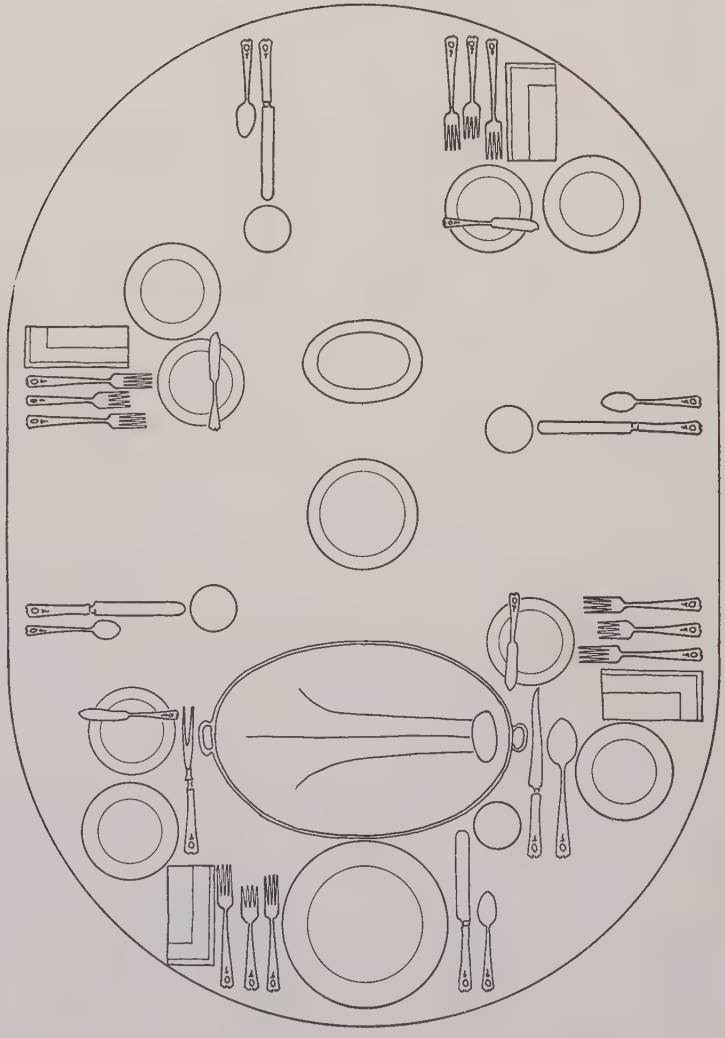


TABLE SET FOR DINNER.

is set with silver and dishes for the courses to follow. This is more simple than to go to the kitchen for everything.

6. All silver, china, and dishes for a cover are placed where they are most convenient, and so that the cover is a balanced unit.

2. *Detailed Rules for Table Setting*

For breakfast, supper, or luncheon the table may be covered with a lunch cloth, runners, or doilies. There are many types that make an attractive table and save the linen table-cloths. For dinner, a beautifully laundered table-cloth is used over a pad of felt or asbestos. These pads should be tied in place to prevent slipping. Such a pad protects the top of the table, lessens the noise of the dishes, and makes the table-cloth look much better. The table-cloth should be chosen to fit the table. It should fall ten inches below the edge of the table. The cloth should be placed with the fold exactly in the center of the table with the opposite edges of the cloth at a uniform distance from the floor.

If doilies are used, there must be a doily under each dish. There must be no doily without a dish on it. This means that doilies used only in the first course must be removed with that course. Doilies used only with the last course must be placed just for that course. For this reason, the small doilies are a difficult service. An asbestos pad should be placed under the doily if the dish is hot.

A carving cloth or pad is placed directly in front of the host, ten inches from the edge of the table.

A centerpiece of white linen may be used in the center of the table. See that the shape of the centerpiece is in harmony with that of the table.

A bouquet of flowers or a growing plant or fern is a necessary addition to every meal. A little thought and care makes this always possible. This bouquet must be low so that it does not prevent guests seeing each other. The flowers should harmonize with the color scheme of the food.

Place the pieces of silver needed for the special meal. Do not put on unnecessary silver. If the meal requires too great an

outlay of silver, the silver for the last courses is not put on the table, but is placed at each cover as needed. This occurs only at formal occasions.

The sequence for all spoons, forks, and knives is from the outside in toward the plate in the order in which they are to be used.

Knives are placed at the right of the plate with the cutting edge toward the plate. This is because knives are always held in the right hand. If no knife is needed, do not place one.

Forks are placed at the left, tines turned up. This is because a fork is held in the left hand when the knife is in the right hand. The exception is the oyster fork, which is placed at the extreme right, or on the plate which is placed under the oyster cocktail.

If no knives are used, the forks are placed at the right in the place of the knives, because they would always be used in the right hand if there is no knife.

The spoons, with bowls up, are placed at the right of the knife.

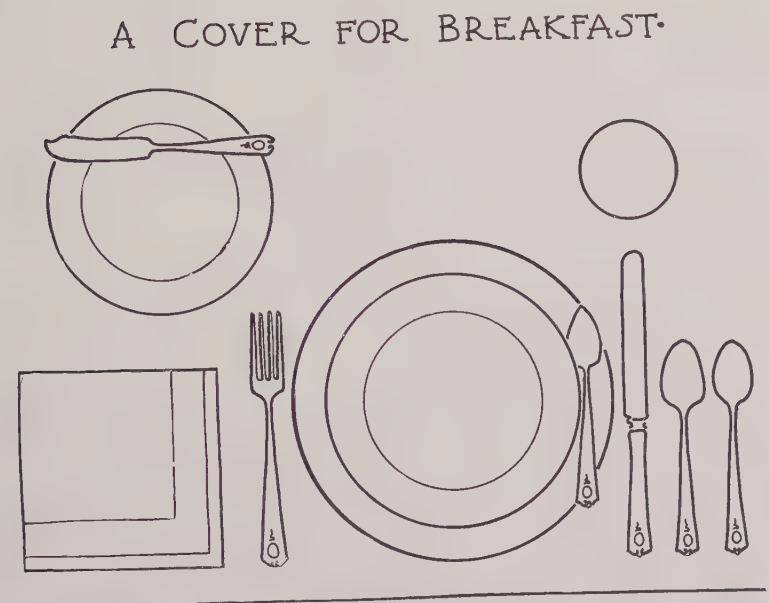
If an appetizer is served before the main course, this course may be on the table when the meal is announced. The silver for this appetizer course may be in the usual place with the rest of the silver, or may be placed on the plate. This applies to an orange spoon for breakfast, and to an oyster cocktail fork, fruit cocktail spoon, and bouillon spoon for lunch and dinner.

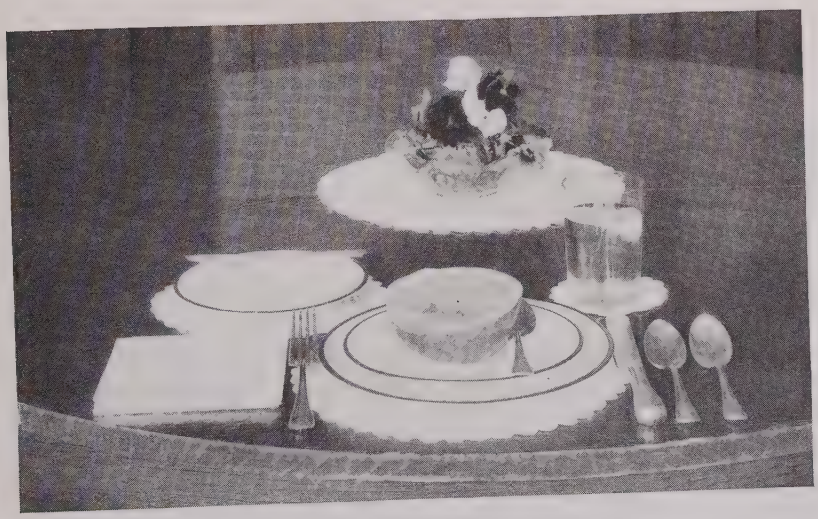
The water glass is set at the tip of the knife. Goblets may be used for luncheon and dinner.

The bread-and-butter plate is set at the tip of the fork. The butter spreader is placed on the butter plate parallel to the edge of the table, handle toward the right. If the butter plate is not on the table during the first courses, as in formal meals, the butter spreader is placed at the right of the dinner knife or above the plate.

The napkin is placed at the left of the forks with the hem and selvedge parallel to the edge of the table and the forks. The lower right hand corner is the open corner.

All silver, linen and dishes are placed one inch from the edge of the table. This rule is made to prevent danger of the silver





A Breakfast Cover

(For Menu on Page 59)

being brushed off the table. If the table edge is rounded, this rule must be modified, because the silver must be parallel to each other. This means that all silver ends on a straight line drawn from the farthest spoon to the farthest fork. The inside knife and fork, and the plate, may then be in one and one-half inches from the edge of the table. This basic rule must hold. All lines must be lengthwise or crosswise, but never diagonal. See diagrams on pages 41 to 47.

The covers should be directly opposite if possible. This means balance.

Individual salt and pepper shakers are placed above each cover, or between two covers, in a line parallel to the edge of the table, and in line with the glasses.

If the hostess must also wait on the table, her place is at the end of the table nearest the kitchen. The host is at the opposite end of the table. The hostess is always the "head of the table," though the host may be "head of the house." If there is a daughter or son to wait on table, the hostess may still retain her place, but when there is hired help, the hostess faces the kitchen. If a member of the family waits on table, she should be seated so that she may get to and from the kitchen easily.

The seating of guests is directed by the hostess. Guests are seated according to congenial partners, rather than by age or rank. The most honored lady guest is usually seated at the right of the host; the most honored man guest is seated at the right of the hostess. A man and wife are not seated next to each other.

3. *Setting the Service Table*

The service table is covered with a linen runner.

The water pitcher is placed on the service table.

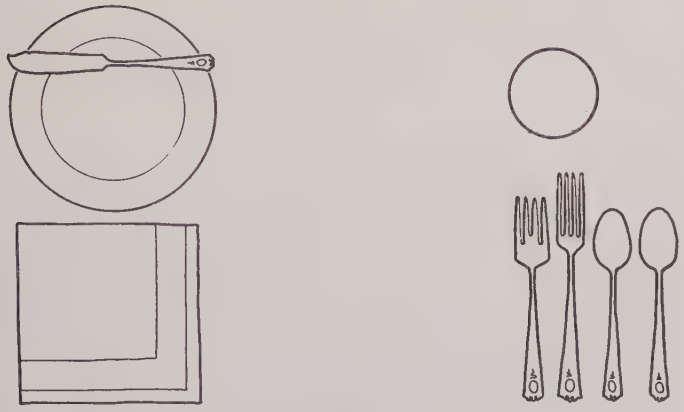
Plates and serving silver used for courses other than the first course may be on the service table. Hot plates must be brought in from the kitchen.

The coffee service may be on the service table, ready for the last course.

No food dishes should be left on the service table.

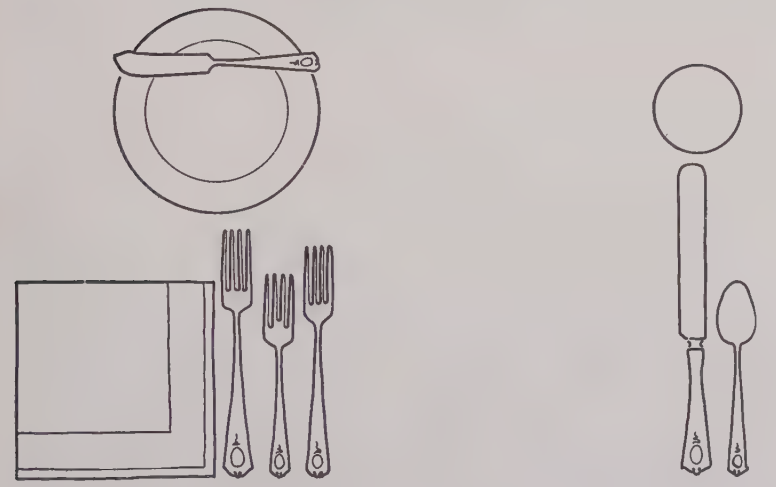
An extra piece of each knife, fork, and spoon used, and one

A COVER FOR LUNCHEON.



(For Menu on Page 60)

A COVER FOR DINNER.

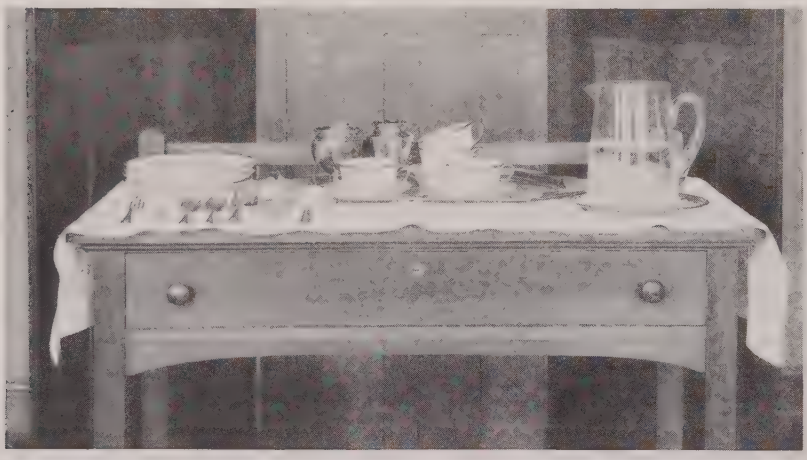


(For Menu on Page 62)

or two extra doilies are placed on the service table for an emergency.

A small tray is needed to remove the salt and pepper shakers, unused silver, doilies, and dishes. This tray may be on the service table.

Leave plenty of space on the service table for the temporary placement of soiled dishes in clearing the table.



Service table with water pitcher, extra silver, and dishes for the second course.

4. *Table Decorations*

A well set table, in perfect balance and order requires little table ornamentation. Table decorations should be in keeping with the nature of the meal. For informal meals, table decorations should not be too elaborate. A few attractively arranged flowers in a low dish or basket are far better than a large bouquet. Do not use flowers with a heavy odor, as it may be very disagreeable to some of the guests. The bouquet should be low, so that the guests may see across the table.

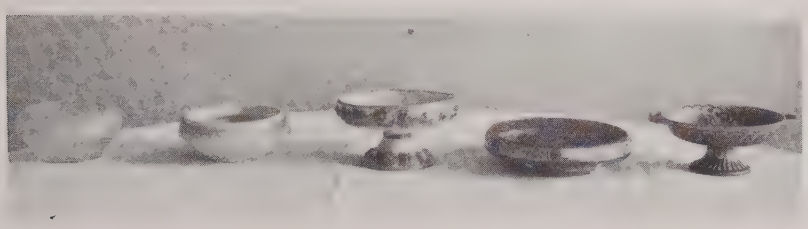
Crepe paper decorations are not used except for Hallowe'en or other feature parties.

One must be careful lest the table look heavy and crowded.

Candles are an attractive form of table decoration, if artificial lighting is needed. With a flood of sunshine, candles are

out of place. If candles are chilled for two days, then lighted for a few minutes, they are in good condition for use. The candlesticks may be placed at the center, at each corner, or in some other definite balanced symmetrical form.

For seating a large number of guests, a place card may be used. These are placed on the napkin or above the cover. These cards should be small, plain white cards, with the names of the guests printed or written upon them. It is only at feature parties that decorative place cards are used.



1 2 3 4 5

Flower Holders for Small Tables

1. Blue glass. American make. Price, $1.00.
2. Roseville Pottery. American make. Price, $3.00.
3. Italian Pottery. Price, $3.50.
4. English Ironstone ware. Price, $15.00.
5. Holland Pottery. Price, $6.00.

Menu cards are used only at large luncheons and dinners, or those of a commercial nature, where there is no hostess to lead the service. At such times, menu cards often take the place of place cards.

5. *Flower Holders*

Flower holders should be selected for definite purpose. The holder should be beautiful in color and shape. The vase, bowl, or basket must hold enough water to be serviceable.

The container must be well proportioned to the type of flowers; that is, choose a low dish for pansies, a graceful dish or basket for roses, a severe, high, colored bowl for calendulas, tulips, and jonquils.

There are many kinds of American pottery on the market that offer a wide range in size, shape, color and price. Though

plain glass holders may do for some flowers, they are tiresome and uninteresting. Japannas or frogs usually help in any flower arrangement. When selecting a japanna, notice the size of the holes. Get the holes big enough for the stems of the flowers, and so arranged that an artistic bouquet is possible.

6. *Flower Arrangement*

A few well-arranged flowers are often more lovely than a mass of flowers.

The blossoms should be at irregular heights, not at a uniform distance from the table.

The Japanese custom is to use few flowers and have three points of interest, at irregular heights.

If well chosen, a mixed bouquet is very pleasing. Do not put together a formal stiff flower and a drooping flower.

In winter time, bittersweet or other winter bouquets may be used.

There are pottery and marble pieces which are used for table decorations without flowers, but this is usually for formal parties only.

The color scheme is carried out in the food as well as in the table decoration. Therefore choose a color scheme, table decorations, and menu that match.

A small potted fern is very attractive. This may be set in a basket or into different colored bowls to give a variety. Wandering jew, foliage, and other growing plants, make it possible for everyone to have some pretty center piece.

7. *Types of Service*

Three types of service are usually recognized:—

The English, or family type, is the one most suited to the average family where there is no help. In this service, all the food is served at the table by the host and hostess, instead of being brought in from the kitchen in individual servings. The hostess of to-day would do better to perfect this type of service, rather than to attempt the more formal types.

The Russian service is used for formal occasions. Most homes have no use for this service except, perhaps, at times of

special parties where outside help is secured. In this service all food is served from the kitchen. The host and hostess take no part in the service. The food may be served in individual portions, or may be placed on platters for each guest to help himself.

The Compromise service is a combination of the English and the Russian services. The main course is usually served at the table, while the soup, salad, and dessert are served Russian style. This type of service is suited to the family having a maid to aid in the service of the meals.

8. *Rules for Waiting on Table*

The *basic facts* that determine the rules for table service are:

1. Food dishes and soiled dishes from the last course must be removed.
2. Clean dishes and food for the next course must be placed.
3. This exchange must be done quietly and quickly.
4. There should be no unsightliness nor appearance of great haste.
5. There should be no display of dishes or silver.
6. There should be no unnecessary trips to and from the kitchen.
7. Always consider the comfort of those at the table. Do not make them fear an accident because of the clumsiness or carelessness of the waitress.

The type of service used here is called the left-hand service. The *principles* may be stated as follows:

1. Place, pass, and remove all dishes to the left of the guest, that is, anyone at the table.
2. The exception is that beverages must be placed at the right, because one always raises a cup or glass in the right hand.
3. One never reaches across in front of a guest. Therefore, to remove beverages one must go to the right.
4. In removing, placing, or passing food, use the hand farthest from the guest. Therefore, at the left, use the left hand. When removing beverages, which are always at the right, use the right hand. This means that the elbow of the waitress is never pushed under a guest's nose.
5. If it ever is necessary to use both hands, as in removing one dish with one hand, and placing another dish in front of the guest with the other hand, the soiled plate or the plate with food is in the left hand, that is, the hand farthest from the guest. The empty plate is nearest the guest, that is, in the right hand. This situation occurs only in rather formal service, as explained in serving a formal luncheon, and in *service with a maid.*

9. *Detailed Points in Table Service*

Both boys and girls should be trained to wait on table. They should realize that the mother is the hostess and that she must not leave the table lest the guests feel slighted.

To wait on table nicely, one should be watchful of the wants of the guests. The water glasses should be kept filled, the butter replenished. The hostess by nod or word gives the signal for the removal of dishes. A member of the family, by careful attention to details, may leave her seat and perform the duties of a waitress to the same degree of niceness as a professional. Unnecessary form and display, however, must be abolished, so that too much time is not spent in removing and placing food and dishes.

Everything pertaining to one course must be placed before the course is served. Serving silver is brought from the serving table. The carving knife is placed at the right and the fork is placed at the left of the dish to be served. If the meat course is the first course, the serving silver is in place when the meal is called.

It is often necessary to rearrange the cover of the host to make room for the platter, since the platter and other dishes with food must be conveniently close to the plates. The meat platter is placed directly in front of the host. The dishes containing vegetables and sauces are placed at the right or left of the host. This means that the waitress must always consider the position of the one who must dish up the food, and arrange the cover for his convenience.

Just before the meal is announced everything must be ready. The air in the room should be fresh and not over-heated. Arrange the curtains so that the light is good. Fill the glasses three-fourths full. Have the pitcher three-fourths full, and place on the table or service table. Put the first course on the table, unless it is soup. This may be served after the guests are seated, lest it become cold. Set a chair at each place, with the front of the seat flush with the edge of the table. A guest should be able to sit down without moving his chair.

To fill a glass, do not lift the glass from the table. If the covers are crowded, the glass may be drawn to the edge of the table to fill. Take hold of the glass well down toward the bottom. Use a napkin to catch the drip. This will apply to the refilling of all cups and glasses.

In placing or removing food, the waitress stands sidewise, using the hand farthest from the guest.

Butter, jelly, pickles and relishes may be on the table when the guests are seated.

Hot food must be served on hot dishes, and cold food on cold dishes. Hot breads and baked potatoes may be covered with a napkin or doily to keep warm.

A folded napkin, or small tray, may be used by the waitress in passing dishes containing food. A tray may be used when bringing silver and accessories to the table, or when passing articles such as sugar and cream, or in removing salts and peppers. A tray may be used to carry food and dishes between

the kitchen and the service table, but do not use a tray to bring or remove dishes from the table. This is done in public eating places, not in a home.

Place all side dishes at the left, as near the plate as possible without crowding. If a salad is served with the meat course, it may be placed at the right of the plate, unless a beverage is also served at that time. If the salad is placed at the right, the waitress must go to the right to remove the salad plate, using the right hand. For this reason, many persons prefer to hold to the rule that all side dishes are placed at the left of the plate.

The host serves the meat, potatoes, vegetables, and may also serve the dessert. The hostess may serve the soup, vegetables, salad, dessert, and beverage. Serve the hostess first, then to her right and so on around the table. If the host serves the plates, he asks the one at his right to pass the first plate to the hostess, the second to Mrs. Blank, at the right of the hostess. Serve all on one side of the table in their regular order. The host then serves a plate to the guest at the left of the hostess, and so on in regular order down the left side. The host should say for whom the plate is intended. This avoids confusion. Never serve a guest, and then ask her to pass another plate past her. If the guest is an elderly person, she may be served first. Older persons are accustomed to that method and may feel slighted, but in modern table service one avoids confusion and unnecessary steps, if the guests are served in their regular order around the table, beginning with the hostess, regardless of age, sex, or fame.

In removing dishes, remove all food first, then soiled dishes, glasses, silver, and cutlery, then clean dishes, glasses, silver, and cutlery. Remove all unused silver belonging to the course. Remove everything pertaining to one course before serving the next course.

Remove the plate of the hostess first unless she herself is waiting on the table. If the hostess waits on the table, she begins to remove the dishes at the cover on her right, and continues in regular order around the table. In this case, the cover of the hostess is cleared last.

Remove one complete cover at a time, using the left hand

to reach for the plate. The right hand may be used to hold the plate while one reaches for the side dish with the left hand. Do not stack the dishes in front of a guest. Stand sidewise in reaching for plates, lest one crowd the guests. Never reach in front of a guest.

Use the serving table to place dishes from one cover while another is cleared; then remove dishes from both covers to the kitchen.

If doilies are used, remove the extra doilies at the time of removing the dish placed on the doily. The carving cloth is removed with the meat platter. A small tray is useful in removing extra silver, salts, peppers, and doilies.

If there are two or more side dishes, it is impossible to remove the doily with each plate. In this case, leave the doilies and collect them on a small tray after all food and plates have been removed. If any extra doilies are needed for the next course, place them at this time.

In passing food, hold the dish low and have the serving silver in place. In passing a dish be careful not to allow the fingers to rest on the edge of the dish. In passing a dish with a handle, the handle should be turned toward the person receiving the dish. Always pass the most important accompaniment to a course first, and the others in the order of their importance. In serving from the kitchen bring in two plates. Use the service table for one while placing the other. In placing a plate, hold the plate on the palm of the hand, steadying the edge with the thumb. Do not place the thumb over the edge, yet have a firm hold, so that the guest be not alarmed at the danger of food sliding from the plate into his lap.

When there is no hired help it is permissible to ask a guest to "please help yourself and pass the bread," cake, etc.

If it is necessary to crumb the table, use a napkin and plate. Do not crumb if there are no crumbs. Attract as little attention as possible, yet remove all signs of spilled crumbs or food.

If one of the family waits on the table, she rises quietly, leaving her napkin partially folded beside her plate at the left.

The dessert may be placed in individual dishes in the kitchen, or it may be served by the host at the table. If served at the

table, the waitress is saved several trips to the kitchen. To serve the dessert at the table, the waitress places the plates or other dishes used for the dessert in front of the host. The serving silver is placed where it is convenient for the person serving. Then the dessert is placed directly above the plates. This follows the rule, that the dishes and silver for a course are always placed before the food is brought in.

If the dessert is served from the kitchen, it is well to bring several servings to the service table on a tray. Then place one at a time before the guests. If this dessert is in sherbet glasses, the dessert plates should be on the service table. Bring the filled sherbet glasses in to the service table on a tray. Place a sherbet glass on a dessert plate, and then place them before a guest. This use of a tray and a service table saves many steps.

In clearing the table, the neatness of the kitchen should be maintained. Every good housekeeper will have the cooking dishes washed, and the kitchen in order, before the meal is announced. If the food is put away in small-sized dishes, the silver and cutlery washed, the plates scraped, rinsed and stacked, the hostess may spend her time with her guests. This plan is more valuable than washing them immediately while the guests wait.

Finger bowls may be used when fresh fruit is served, when dessert is served, or after the dessert is served. Only individual finger bowls are used.

Fill the bowl one-third full with luke-warm water. Place the bowl on a doily on a small plate. The Japanese fashion of adding one or two flower petals is attractive. Do not use scented water. The finger bowl is placed above the service plate, or in the place of the bread-and-butter plate. If the bowl is placed on the service plate, the doily and bowl are set to one side, the fruit or dessert being eaten from the plate. Finger bowls need not be used unless the fingers are sticky.

A service plate is used in formal service only. This is a decorative plate the size of a dinner plate. No food is ever placed on the service plate. It is used under the cocktail plate and soup plate. Formal service decrees that a plate should always be in front of a guest until after the salad course. This

makes necessary a great many changes of plates, and should not be attempted unless there is proper help, and plenty of it.

10. *How to Serve Coffee with Dessert*

American families will not wait for coffee served at the close of a meal. It is usually served with the dessert. If this is true,

Coffee Service

plan to have the coffee poured by the time the dessert is served. That is, when the dessert plates and serving silver are in place before the host, place the coffee cups, saucers, cream, and sugar before the hostess. Bring the dessert, then the coffee. But if the dessert is served from the kitchen, place the coffee service before the hostess, so that she may pour the coffee while the des-

sert is being placed. In other words, avoid having to wait for either coffee or dessert.

It is a good custom to have a spill bowl, or extra cup, with the coffee service. If a guest wishes a second cup of coffee, the hostess pours the cold coffee into this spill bowl or waste bowl. The hostess can then serve a second cup of coffee that is as hot and as good as the first cup.

The English custom is to serve after dinner coffee in the living room, rather than at the table. If this is done, the coffee service is placed on a tea wagon, or small table. The hostess pours the coffee as at the table. In some homes, a maid brings the coffee on a tray to the living room, or more properly, drawing room. Each guest takes her small cup of coffee, and helps herself to sugar. No cream is served at such a time.

11. *Service with a Maid*

One maid can attend to the wants of eight guests if the compromise or English type of service is used. In the service of the main course, the maid stands behind the host, at his left. She brings two plates from the service table. She places one plate before the host (left hand). When the host has served this plate, the maid removes the filled plate, with the left hand, and places the empty plate before the host with the right hand. The maid carries the filled plate to the hostess; she brings an empty plate from the service table, and proceeds as before. The maid passes the bread, relishes, etc. She must keep the glasses filled and the butter replenished.

The maid assists the hostess in serving the beverage in the same way as she assists the host. The salad and dessert may also be served from the table with the assistance of the maid.

A maid should stand erect, step lightly and quickly, yet without seeming haste. She should be immaculate in personal appearance. She should in no way enter into the table conversation. She must be watchful of the wants of the guests.

A hostess should explain the method of serving in detail to a maid before the meal. A hostess should not attract attention to errors in table service, nor correct a maid, in front of the family or guests.

12. *Serving a Family Breakfast*

(See Frontispiece and Illustrations on Pages 40 and 45)

BREAKFAST MENU

Grapefruit

Oatmeal Cream and Sugar

Bacon and Eggs Toast

Coffee or Milk

Grapefruit—on small plate on service plate.

Oatmeal—in cereal bowl above plate.

When finished with the grapefruit, exchange grapefruit plate for cereal dish.

Cream and Sugar—passed by each one at table.

To remove plates, begin with hostess. Remove service plate, and cereal dish, left side, left hand. Transfer to right hand. Remove grapefruit, left hand. Place on serving table. Remove cover at right of hostess in same way. Carry both covers to kitchen. Continue until all covers are removed.

Coffee—place at right of hostess. Cups, saucers, cream, and sugar may be in place at first of meal. Hostess pours coffee and asks one at right to pass it on to the one at the left of the host. Plan to have coffee poured by the time the bacon and eggs are served. Place hot plates in front of host, left side, left hand. Place serving fork left, spoon at right, if not already on the table.

Bacon and Eggs—Place platter on covered pad, and place in front of host, left side, left hand.

Toast—Place on table to be passed by each. Refill water glasses, if necessary.

Note 1—An electric percolator, and toaster, lessen the trips to the kitchen.

Note 2—This breakfast may be served in three courses if the family has time. In this case, the cereal is not brought in until the grapefruit is removed. The cereal may be brought in individual dishes on a

tray to the service table. Carry one cereal dish at a time, and place on service plate, left hand, left side.

Note 3 —The cereal may be served from a closed tureen into cereal dishes by the host. This is an attractive service and is especially good for cereal served hot. The host may serve the cream, and sugar, or it may be passed to each guest.

13. *Serving a Family Luncheon or Supper*

(See Illustrations on Pages 41, 47 and 61)

MENU

Creamy Omelet with Peas

Shredded Lettuce French Dressing

Hot Biscuit Cocoa or Tea

Apricot Whip Salt Wafers

Creamy Omelet with Peas —on platter before host. Serve on hot plates, Passed by those at the table.

Shredded Lettuce —Individual servings at left of each plate.

Hot Rolls —Covered with napkin on plate on table. Passed by those at the table.

Cocoa or Tea —Poured by hostess at the table.

To clear the table —Remove platter and pad, left side, left hand. Remove biscuit plate. Remove tea or chocolate pot, and pad. Begin with the hostess. Remove plate, left hand, left side. Transfer to right hand. Remove salad plate, left hand, place on luncheon plate in right hand. Remove butter plate, left hand, place on luncheon plate also. Transfer plate to left hand. Remove tea cup, right side, right hand. Place on serving table. Remove cover at right of hostess. Carry both covers to the kitchen and continue clearing the table as before. Refill water glasses.

Apricot Whip —Place dessert plates before hostess. Left side. Place serving spoon at right of hostess. Place apricot whip in eight-inch glass

A Family Luncheon

nappie above dessert plates. The hostess serves the dessert and asks some one to help herself to the salt wafers and pass them. The host may serve the dessert.

14. *Serving a Family Dinner*

(See Illustrations on Pages 42, 47 and 63)

MENU

Swiss Steak Riced Potatoes
Buttered Carrots Stuffed Baked Onions
Bread and Butter
Grapefruit and Orange Salad

Apple Dumplings Hard Sauce
Coffee

Swiss Steak —On a large platter nicely arranged. Big
Riced Potatoes spoon at right, serving fork at left of platter.
Buttered Carrots Hot plates in front of host. Bread-and-but-
Stuffed Onions ter plates on the table. Host serves meat and vegetables and asks that the first plate be passed to the hostess. The next to the one at her right, and so on around the table.

Bread —The hostess asks some one to help herself to the bread and pass it.

Grapefruit and Orange salad —Individual servings at left of each cover.

To clear the table—Remove platter, left hand, left side. Remove bread. Begin at hostess' place. Remove plate, left hand, left side. Transfer to right hand. Remove first salad, then bread-and-butter plate, left hand—placing on dinner plate. Remove to serving table. Remove cover at right of hostess and carry both covers to the kitchen. Continue to right until all covers are cleared. With tray remove salt and pepper shakers. Refill glasses, right hand, right side. Crumb table where necessary.

TABLE SET FOR FAMILY DINNER

Note—Salad served with the dinner course may be placed at the right. It must then be removed from the right.

Coffee —Place tray with cups, saucers, cream, and sugar before hostess, from left side. Place coffee on tray at right. The hostess pours the coffee while the dessert is being served.

Apple Dumplings Hard Sauce —Bring dessert plates from service table and place in front of host, left side. Place large serving fork and small spoon at right of host. Place large plate with dumplings in front of dessert plates. Place hard sauce in bowl at right of host. The host places a dumpling on each plate, adds the hard sauce, and asks the one at his left to pass the plate to the hostess. The next plate is served to the one on her right, and so on around the table.

Note —If the hostess must wait on table, the coffee is not brought in until after the dessert. Often a tea wagon is set with the coffee service and wheeled to the right side of the hostess for service.

CHAPTER IV

Principles of Menu Making

1. *Meal Planning*

IN planning meals, one must consider the needs of a specific family. Any set of menus found in a book or magazine are at best but suggestions to the housewife in her eternal quest for something new to serve. So many factors enter into the making of a menu, as the number, age, and health of the members of the family, as well as finances, nationality, personal characteristics, and previous training. The occupations of the members help determine the amount and type of food required, because physical exercise greatly increases the fuel needs of the family.

No one food furnishes all the necessary food elements. A day's, or even a week's menus, should be considered as a unit, rather than one meal. By varying the foods from meal to meal, and day to day, one may include all the essential foods.

Most families display rather set likes and dislikes, but certain basic principles may be formulated. A child can be trained to eat all foods if an effort is made at the very start. There are very few cases of specific food poisons.

A thorough knowledge of the chemical composition of foods, and of the physiology of digestion, makes possible a wiser selection of food. One must maintain a good balance of carbohydrates, fats, proteins, and the regulatory elements, i. e., minerals, cellulose, water, and vitamins.

The adult person requires a certain amount of fuel foods for the constant functioning of the many involuntary body activities, as muscular tone, secretion of fluids, respiration, and circulation of blood. Since one has little control over these internal activities, the fuel need to keep up these activities is fairly constant. But the big factor that increases the demand for fuel is exercise or work. Therefore, the more a person exercises, the more he requires fuel foods.

These fuel foods are those foods which contain carbon, hydrogen, and oxygen. These elements are found in all fuel, such as wood, coal, alcohol, kerosene. The foods that contain carbon, hydrogen, and oxygen are classified as the carbohydrates, i. e., starches and sugars, the fats, and the proteins, meat, milk, eggs. In the body these three classes of foodstuffs produce energy and leave as waste, carbon dioxide and water. These end products are easily disposed of through the lungs, skin, and kidneys.

Proteins, the animal foods, have an added element of nitrogen, and sometimes phosphorus, sulphur, and iron. Since the tissues of our bodies are composed of these same elements, proteins have a special function of building new tissues and of keeping in repair old tissues. If proteins are used for fuel in the body, only the carbon, hydrogen, and oxygen are used, and the nitrogen, sulphur, phosphorus, and iron are but waste products to be eliminated through the kidneys. This shows what a waste there is in using proteins for fuel. Proteins are expensive foods, and if used as fuel, only part of the elements are really utilized in the body.

It is therefore wise to use carbohydrates and fats to furnish the fuel for the body, and to use just enough protein to keep the tissues in repair. Tissue building is fairly constant in the adult. It is only in case of actual body growth that extra supply of protein is necessary. Therefore children and invalids require a good supply of milk, eggs, and other simple proteins to build up new tissues. Exercise increases the fuel needs of the body, but has little effect on the protein requirement.

Our bodies are so complicated in form, that starches, fats, and proteins are not sufficient to supply all our needs. Certain minerals, as iron, calcium, phosphorus, and iodine are equally important in the repair and functioning of the body. Calcium forms a large percent of the bones and teeth. Therefore no one can afford to overlook a generous amount of calcium foods, as milk, milk products, and oranges. Iron is needed in the blood, and in other body fluids. Sources of iron are eggs, fresh, leafy green vegetables, onions, carrots, and the bran of cereals. In general we may say, the necessary minerals may be secured by

using daily a variety of vegetables, fruits, whole cereals, and plenty of milk, and eggs.

Another dietetic factor is the cellulose, or bulk, of the food. In recent years there has been a tendency to so refine our foods, that we do not get the proper amount of bulk. The bulk is obtained from the fibrous part of fruits, and vegetables, and from the outer coats of cereals. Cellulose is neither fuel nor tissue builder, but as waste it increases the rhythmic movement of the digestive tract and acts as a cleanser.

Much has been said in the past few years about a new set of necessary food constituents called vitamins. Scientists have found that without these the body ceases to function properly. Many of the common diseases attributed to malnutrition are now said to be caused by a lack in the diet of one, or two, or all of the vitamins.

Vitamin *A* is found in leafy green vegetables, egg yolk, butter, cream, carrots, rutabagas, spinach, cabbage, yellow corn, and sweet potatoes. It is fairly stable to heat. Lack of this constituent causes eye diseases, and forms of rickets. Vitamin *B* is found in plant life, as oranges, spinach, cabbage, turnips, beets, tomatoes, carrots, potatoes, onions, and seeds of cereals. Deficiency of *B* causes a lack of appetite, and general lassitude, with a slowing of metabolism. Vitamin *C* is easily destroyed by heat, except in acid solution. Good sources of *C* are tomatoes, and uncooked greens, orange and lemon juice, fresh fruit, raw cabbage, and raw milk. Its absence is shown in skin diseases. Scientists now say there are probably other vitamins, but we may say that to avoid any dangers due to shortage of these protective foods, the diet must contain milk, fresh vegetables, leafy greens, eggs, butter fat, and whole cereals. Canned vegetables may lose much of their value as sources of vitamins, due to the high pressure cooking, especially if one does not use the liquid in which they are canned.

One notices that the diet which is restricted to a very low expenditure of money is apt to be low in minerals and vitamins; since fresh fruit, green vegetables, and eggs are among the more costly foods. Milk must not be considered expensive at even

sixteen cents per quart, because of its supply of fuel, tissue builder, calcium, and Vitamin *A*.

This general review of body needs holds for the normal adult. In many families, one or more members is in need of special foods to remedy specific ills, so the family meals must be supplemented with foods supplying the necessary constituents. Then, too, in families where there are growing children, the meal planner must provide plenty of tissue builders of the easily assimilated sort, and a generous supply of fuel foods for the ever active bodies. For the growing child one must provide a goodly supply of foods rich in mineral and vitamins. In the delicate and intricate weaving of new body cells it is of the utmost importance that not one of the vital constituents be omitted. There is no one perfect food. No vegetable or fruit can be used to the exclusion of all others. A variety of all the many fruits and vegetables is essential, not only for appetite's sake, but for the actual needs of the body.

A good balance between fat, sugar, and protein is to be desired. Excessive sugar ferments in the stomach, causing distress from gas. Fat retards stomach digestion. Therefore, in a meal rich in fat and sugar, the action of the stomach is delayed until fermentation takes place. This is apt to happen after a holiday dinner. Then one has "heart burn" or indigestion.

Excessive use of meat tends to intestinal disorders, due to increased bacterial action. Meat is of such pleasing flavor that one must guard against the excessive use of meat to the exclusion of the all essential vegetables, fruits, and dark breads.

It is not expected that every meal of the day will contain all of the desired foodstuffs in the proper amounts, but the day's meals, or the weeks meals, can be considered as a unit. Surely in the course of a week the meals can have a good balance of starch, sugar, whole cereals, fat, milk, milk products, eggs, meat, and a variety of vegetables and fruits.

2. *Foods Classified*

I. Foods containing Carbohydrates:

Produce energy in the body.

Cornstarch	Sugar	Rice
Potatoes	Dates	Tapioca
Apples	Honey	Chestnuts.
Bananas	Molasses	

II. Foods containing Fats:

Produce energy in the body.

Thick Cream	Suet	English Walnuts
Butter	Oleomargarine	Black Walnuts
Lard	Vegetable Oils	
Bacon	Olive Oil	

III. Foods containing Protein:

Produce energy in the body and build and repair tissues.

Egg White	Cottage Cheese	Gelatin.
Lean Meat	Fish	

IV. Foods containing Protein and Fat:

American Cheese	Peanuts	Almonds
Egg Yolk	Salmon	Corn.
Whole Milk	Fat Meat	

V. Foods containing Protein and Carbohydrates:

Dried Beans	Macaroni	Skim Milk
Dried Peas	Oatmeal	Oysters
	Peanuts	Wheat.

VI. Food containing Cellulose:

Increase peristaltic movement in the intestines.

Cabbage	Cucumber	Skins of Fruit
Lettuce	Tomatoes	Spinach
Celery	Turnips	Apples.
Squash	Bran	

VII. Foods containing Vitamins:

Vitamins are called "nuclear nourishers." They are "protection foods."

A.	*B.*	*C.*
Butter	Vegetables	Uncooked foods
Milk	Whole Cereals	Raw cabbage
Leaf Vegetables		Tomatoes
Cod Liver Oil		Fresh Fruits
Carrots		Orange Juice
Egg Yolk		Lemon Juice
Sweet Potatoes		Green Vegetables.

VIII. Foods containing Minerals:

Tissue builders and regulatory elements.

IRON	CALCIUM	PHOSPHORUS
Spinach	Milk	Buttermilk
Onions	Buttermilk	Codfish
Raisins	Cauliflower	Celery
Oatmeal	Celery	Spinach
Egg Yolk	Spinach	Cauliflower
Prunes	Cheese	Asparagus
Lean Beef	Cabbage	Lean Beef
Celery	Onions	Lettuce
	Carrots	Milk.

3. *The Fine Points in Menu Making*

Although the dietetic principles of food selection are the basis of all menu making, one must also consider the other factors that insure a successful menu. The underlying factor of meal planning is *variety*. No menu is so good that it can be used day after day. Any food loses its savor if used to excess. Most of the following points on menu making are based on this need for variety.

1. Do not repeat one kind of food in the same meal: for example, tomato soup, and tomato salad; creamed cabbage, and cold slaw; pimiento in potatoes, meat, and salad; a cherry in cocktail, salad, and sherbet.
2. Avoid using all one type of foodstuff in one meal, as potato soup, boiled potatoes, steamed rice, bread, and cornstarch pudding, or beef soup, steak, cheese, soufflé, egg salad, and custard.
3. Do not serve more than one strong-flavored food in one meal, as onions, cabbage, salmon, shrimp, sardines, caviar, salted fish. If one of these strong flavored foods is used, the rest of the menu must be built around this flavor.
4. Certain flavors go naturally together, as apples with pork, tomatoes with veal, cranberries with poultry, mint with lamb. Egg and cheese dishes combine well with most vegetables, especially peas, asparagus, celery, cauliflower, potatoes, turnips, tomatoes, and onions. However, one should avoid hackneyed combinations of the same meat, potatoes, and dessert.

5. Have a good balance between soft and solid foods. A meal of soup, creamed meat, scalloped vegetables, and soft custard, is far too watery. Likewise a meal of baked meat, boiled potatoes, sautéd vegetables, and steamed pudding is intolerably dry. In one course one should not have two foods prepared in the same way. If the meat is creamed, it should be served on toast, or crackers, or in timbales or other cases. With a creamed meat a baked potato and buttered vegetable is served. Never serve a fried meat and a fried vegetable. In other words, have the courses of a meal contrast in texture, and have the foods in the same course of different textures.
6. Do not serve all hot nor all cold foods at one meal. Even in summer one hot dish is desirable. For this reason, too, an ice is often served with a roast, and cold cranberry sauce with fowl.
7. Foods should not be all acid nor all sweet. Acids sharpen the appetite, and should therefore be served at the first of a meal. Sweets deaden the appetite, and should be served at the close of a meal. For this reason, a fruit cocktail should be tart. Do not serve bananas, or over-sweetened fruit, and do not put whipped cream on a cocktail. Most meat requires some form of acid to bring out the flavor. Roast beef, mashed potatoes, and buttered peas, need a sour pickle relish, or tart sauce or salad, to complete the course. Often a meal does not satisfy the appetite even when the calories have been sufficient. This may be due to a lack of fresh fruit and vegetables, or to a lack of sweet. For this reason, a sweet dessert is usually desirable. But if the meal has been rich and sweet, one may require a tart fruit dessert instead of a heavy sweet one. Roast pork, apple rings, and glazed sweet potatoes would need for dessert a grapefruit salad rather than a pineapple bavarian cream. Every meal should be tested for the proper proportion of tart and of sweet foods.
8. Highly seasoned foods must be used sparingly, since they over stimulate the flow of the digestive juices. The French chef uses seasonings to bring out the natural flavor

of a food. He claims an excess of a seasoning is used if one can distinguish that seasoning. Children, especially, should not be forced to cultivate an abnormal appetite for high flavors. Therefore one should use sparingly pepper, salt, spices, and pungent sauces.

9. Do not serve several foods difficult to digest in the same meal, as pork chops, fried potatoes, mayonnaise dressing, and mince pie. Since excessive fat retards stomach digestion, gas may be formed from the fermentation of the sugars.
10. Cheese is very concentrated and is therefore often diluted with white sauce, eggs, cracker crumbs, or vegetables. High flavored cheese causes a flow of digestive juices, thus aiding digestion. For this reason the last course of a hearty dinner often consists of crackers and Roquefort or Camembert cheese. American Cheddar or Cottage cheese would not serve the same purpose.
11. The courses of a meal should contrast hot and cold, bland and high flavored, fluid and solid, tart and sweet.
12. Do not serve more than one relish or jelly at a meal, in order that a different kind may be served at the next meal.
13. Do not serve too much food at one meal, resulting in many left-overs. However, one may often plan to have left-overs for the next meal. If a can of peas is opened, and only half a can is needed, cream only half of the peas, leaving the rest to be used in a different way.
14. Left-overs should appear in a new form. If possible allow a little lapse of time before their reappearance. An ingenious housewife invents new ways of combining left-overs. She must avoid the proverbial "cold sliced," "hashed," and "warmed up" type of cookery. A change of the dish in which food is served often adds interest, as tall sherbet glasses, or small nappies, ramekins, or a large baking dish.
15. Do not undertake too elaborate a menu without help. A few well cooked, attractively served dishes are far superior to many less pleasing foods.

16. A table overcrowded with too many platters of food is not as attractive as a few well chosen dishes.
17. The cost of food must be considered. Price is not based on food value, but on perishability and market conditions. One must consider the cost and time of preparation to be sure whether a chop or a stew is the most economical for the special family. It is not always expensive food that best pleases the family. It is rather a variety or change in combinations of well cooked foods.
18. Consider the season in the choice of foods. Heat producing foods, as fats and proteins, are used in the winter and avoided in the summer. In hot weather, acid foods, fresh fruits and vegetables, and cold foods are craved.
19. Remember that the sight of food starts the flow of the digestive juices. The aesthetic side of menu planning must therefore be considered. A simple dish of egg omelet and creamed peas may be most attractive or most unappetizing, depending on the artistic sense of the cook.
20. A table set for a meal should present a picture perfect in balance and color harmony. Often the choice of a yellow jelly instead of a red one makes the meal more pleasing to look at and does not alter the flavor combinations. Do not serve in one course foods that clash in color, as tomatoes, beets, carrots, and grape jelly. A little thought changes an ordinary meal into a "party" meal.
21. One should avoid uninteresting looking meals, drab in color, as boiled beef, mashed potatoes, buttered turnips, celery, and bread. Vegetables, pickles, jellies, and fruits should be so chosen that the table presents an interesting picture to tempt the appetite. This color harmony of the table may often be aided by the choice of dishes, linen, and center decoration.
22. In the attempt to make a meal beautiful, never let the flavor suffer on account of the art displayed. Good cooking is always a prerequisite. Hot food must be served hot. Cold food must be cold. Therefore a potato rose, no matter how beautiful, is an abomination if it is not well seasoned, or if it is cold. Light, fine-textured buns of the

old-fashioned round variety are always preferable to hard, coarse, unedible rolls of fantastic design. In other words, food must be excellent in quality, and must taste even better than it looks.

23. In entertaining do not serve stereotyped menus. The clever hostess originates new dishes and new forms for old dishes. On the other hand one should avoid freak meals as well as the monotonous unchanging menus. There are certain foods that are so strong in flavor that most persons have a decided like or dislike for that food. Such a food may appear in a menu for guests, but it should never be the *pièce de résistance.* Such foods are oysters, salmon, shrimp, sardines, onions, cabbage, and cheese. Any decidedly new and trying combinations should be used only as a small portion of a meal, lest some guest is unable to enjoy the new dish.

Thus it is seen that menu making is based on scientific facts, and art principles. The health of the family is the reward of well chosen meals. Wise selection furnishes the necessary elements, good cooking develops the flavors, and attractive service tempts the appetite. All are essential in assuring successful meals.

4. *Breakfasts*

Breakfast is really a very important though a very simple meal. To start the day right, the breakfast must be right. At a successful breakfast, it is necessary to have the entire family properly dressed and ready to eat together. A boudoir cap and kimono are for the privacy of one's room, and should never be worn at breakfast. Perhaps even more to be bemoaned is the rather modern state, where the lady of the house fails to arise for breakfast, and lets the man either get his own food or go down town for it. If she wishes to help spend the family income, the woman should help earn that income by preparing good, nourishing food, and by encouraging cheerfulness to start the day right for the family.

Another necessity of the "right" breakfast is, that this meal should meet the needs of the specific family, yet must be so

simple that it can be prepared and served without too much effort and time. This would eliminate waffles, omelet, or any other food that requires constant watching, unless one has a maid, or has a breakfast nook in the kitchen, or has an electric grill to be used at the table. It is far more important that the mother should preside at the table and insist on good disposition than she should preside over the pancake griddle and insure good pancakes.

The type of breakfast depends on the vocation of the family, and upon their food requirements. If the family does not come home for the noon meal it is quite desirable to have a fairly heavy breakfast. But if the noon meal is the heavy meal of the day a lighter breakfast will do.

TYPES OF BREAKFASTS

No. 1	No. 2	No. 3	No. 4
Fruit	Fruit	Fruit	Fruit
Breadstuff	Cereal	Cereal	Cereal
Beverage	Breadstuff	Protein dish	Protein dish
	Beverage	Breadstuff	Vegetable
		Beverage	Breadstuff
			Beverage

Types 1 and 2 are usually served as one course, but types three and four must be served as a two or three course meal, in order that the protein dish may be served hot. Often types No. 1 and No. 2 may be changed for one or two members of the family by adding eggs, bacon, or potatoes.

Fruit is most necessary because of its refreshing acids and appetizing flavor. Acid fruits, either cooked or raw, are more desirable than sweet fruits as dates, bananas, and raisins. Dried fruits are very acceptable if soaked over night, cooked until tender, and then only slightly sweetened. Canned fruits, jellies, and jams also furnish variety. Of course, oranges, and grapefruit hold first place for breakfast, and apples, raw or cooked, offer ample opportunity for change. The keynote in the preparation of fruit, as in the rest of the meal, is simplicity. Fancy shapes and styles should be reserved for invalid trays.

At breakfast most people prefer a hot bread. Toast is in best favor, either as dry, French, or milk toast. To serve milk

toast nicely, have a plate of buttered crisp toast, or oven toasted bread, and a tureen or pitcher of hot milk. This insures a crisp, crunchy toast, rather than the soaked, soggy variety. The quick breads, as muffins of different kinds and baking powder biscuits, are also desirable at this meal.

Griddle cakes and waffles as a regular part of the diet are possible only for the more sturdy digestions. They are an interesting variation in the menu, but should be served only when time and service allow. If a grown son or daughter can "bake" for a while, and so let the mother eat at least part of the meal with her family, pancakes are allowed.

But no mother should be a slave to the whims of her family to the extent of serving, at any time, any food that keeps her away from her rightful place as director and guide of the family table.

There is such a variety of breakfast cereals on the market that one can change from cooked cereals to prepared cereals. Use the whole cereals where possible, because of the valuable minerals, vitamins, and cellulose contained in the bran coats. Many times it is possible to combine the fruit and the cereal, as hot rice with apricots, raisins, or other dried fruit. Any canned or fresh fruit may be served on cornflakes, or other prepared cereal. This is one way of giving variety, which is no less important for breakfast than for dinner.

Too often the breakfast does not vary from week to week, and the growing daughter of twelve to eighteen years, who is at the "fad" stage, begins to adopt the no-breakfast idea. Some adults may omit breakfast without serious effects, but no growing boy or girl should be allowed to go to school without some warm food. Much trouble will be overcome if the meal planner realizes that the large number of ways of serving fruits, and the large variety of cereals, allows no excuse for monotonous breakfast menus.

Some families want a more substantial meal in the morning, or often one or two members of the family need more food. For them add a simple protein dish of eggs, bacon, sausages, ham, creamed meats, or fish. It is not wise to serve chops, steak, or a similar meat for breakfast, since meat is usually served at

dinner. Eggs are most desirable, because of the ease of preparation, as well as because of their value as tissue builders for the growing children. There are a number of ways of serving eggs, though soft cooked, poached, scrambled, and creamed eggs on toast are the most reasonable because of being so quickly cooked.

For the very heavy breakfast, potatoes in some form are used. These are usually potato cakes, hashed brown, or creamed potatoes. The great danger in this kind of a breakfast is that the fruit will be omitted. This is true of many farm menus, where the first meal of the day consists of oatmeal, bread and butter, "fried" potatoes, salt pork and coffee. Though the strenuous labor of the farm requires more fuel foods, as bread, cereals, potatoes, and fat, yet it is equally necessary to include minerals, fruit acids, and the vitamins to insure the proper functioning of the body.

5. *Luncheon or Supper*

The noon meal may be light and called luncheon, if the family prefers, or the noon meal may be the dinner and the evening meal the light one called supper. Whether the light meal is called supper or luncheon, the same types of food are used. To the clever housewife, this meal is the most attractive one to plan, since there are such endless possibilities of combinations of dishes and courses. There is always an advantage in noon lunches over the evening supper. About eighteen hours have elapsed since dinner so that we can greet the left-overs more heartily than when they are served again in just five hours, as at supper. Too often supper consists of cold sliced roast, hashed brown potatoes, bread, butter, sauce, cake, tea—this, with but slight variation, the year round. In many families, this meal represents the left-overs from dinner just "warmed up," with no attempt to disguise their origin.

TYPES OF LUNCHEONS OR SUPPERS

No. 1

One hot dish as { soup / beverage / creamed vegetable / creamed protein / sandwich }

No. 2

One hot dish plus a breadstuff as { sandwich / roll / muffin / biscuit / bread }

No. 3

Hot dish
Breadstuff
Dessert

No. 4

Soup
Salad or protein or vegetable dish
Breadstuff

No. 5

Protein or vegetable dish
Breadstuff
Salad
Dessert
Beverage

No. 6

Soup or fruit cocktail
Salad or hot dish
Breadstuff
Dessert
Beverage

No. 7—The party luncheon

Soup or fruit cocktail
Hot dish
Breadstuff
Relish
Salad
Dessert
Beverage

The soups served at luncheon or at supper are usually cream soups, because they furnish real food value. Bouillon and consommé have little food value, but act as an appetizer.

To complete the menu begun with a cream soup, one needs an acid food and some form of carbohydrate. This may be a hot bread sandwich, or white or dark bread with a fruit, vegetable, meat or fish salad. Or there may be served a fruit dessert, as berry short cake, fruit dumplings, any baked or steamed pud-

ding with a tart sauce, or canned fruit with cookies. So we may have a number of combinations as*—

Cream of Asparagus Soup Crackers
Pineapple and Cottage Cheese Salad
Baking Powder Biscuits Tea or Cocoa

– or –

Cream of Tomato Soup Lettuce Sandwiches
Strawberry Short Cake Whipped Cream
Beverage if desired

– or –

Vegetable Soup Croutons
Roast Pork and Pickle Salad Bread
Orange Marmalade Beverage

In summer, one is usually fond of salad for the main luncheon dish. This is served with a breadstuff and a dessert, the kind depending on the type of salad. A meat salad would require a tart fruit dessert, but with a fruit salad one wants a starchy dessert. A vegetable salad has endless possibilities and is used too little by most families. One, two or more vegetables may be combined and marinated with French, mayonnaise, or boiled dressing. In fact, there are really but few vegetables that can not be used in a salad. Beets, peas, string beans, cauliflower, asparagus, carrots, raw or cooked, are as good as the proverbial tomatoes, potatoes, cucumbers or celery. The dessert with a vegetable salad must depend on the vegetables used, but usually a fruit plus a carbohydrate combination is good. For example we have—

Pear, Orange and Almond Salad Muffins
Brown Steamed Pudding Lemon Sauce
Beverage

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*Rules for Menu Writing

Commence every word with a capital except conjunctions, prepositions, and articles.

The courses should be listed in the order of serving.

The most important dish is placed at the left.

The accompaniment of a course is placed at either side of the main dish and below.

– or –

Tuna Fish and Celery Salad Rolls, Pickles
Fruit Gelatin Chocolate Cookies
Beverage

– or –

Beet and String Bean Salad Bran Muffins
Jelly
Lemon Pie Beverage

To the above menus one may add a hot, starchy dish, as rice, macaroni, potatoes, hominy, or other starchy vegetables—for example:

Fruit Salad Escalloped Hominy and Cheese
Bread Butter
Cup Custard Cookies

– or –

Roast Beef Salad Creamed Potatoes
Rolls Olives
Canned Fruit Cup Cakes

But if this extra hot dish is added, one should be careful to avoid a heavy starch dessert.

Perhaps one of the most popular luncheons is the one that contains a combination starch and meat, or meat substitute dish, with a fruit or vegetable salad, or a dessert. In all these combinations we must furnish acid to counteract the flat flavors, and a sweet to "finish up on." We must have a balance of soft and solid foods, and must avoid foods prepared in the same way, as two fried foods, or two escalloped foods.

The protein-starch dishes are of never ending combinations. Egg and cheese dishes are especially desirable, as we usually plan to save the service of meat for dinner. At luncheon eggs may appear in so many ways—

Scrambled—plain, with tomato sauce or cheese.
Poached on toast—with cheese, or with some creamed vegetable as celery, peas, or asparagus.
Baked in oven—in bacon ring, in baked potato or rice case.

Omelet—plain, French, creamy, with cheese, jelly, chipped beef, ham, bacon, or a vegetable.
Creamed eggs on toast—wafers or crackers.

In season eggs may appear on the menu daily, since there is possible such a variety of combinations.

For those who like cheese, there are many good dishes. Cottage cheese may be used as a salad in sandwiches, or in a hot loaf. The flavor of cheese combines well with eggs, pears, pineapple, apples, bananas, asparagus, cauliflower, peas, celery, and potatoes.

The left-over vegetables, meat, or fish may be used in croquettes, served with a white or tomato sauce. Then, too, there are many kinds of escalloped dishes, soufflés, creamed foods, on toast or in timbale cases. Baked or steamed loaves, salads, and hot or cold sandwiches make attractive use of left-overs. In winter the hot sandwich is especially good made on the plan of a Clubhouse sandwich, using plain or toasted bread, a slice of hot or cold meat, a little crisp bacon, a pickle, or slice of tomato, lettuce, and salad dressing. We may use the meat gravy instead of salad dressing, and serve the sandwich hot, with a buttered vegetable. Toasted cheese sandwiches, bacon and egg combinations, hot hash, or hamburg creations are also good. In summer the sandwiches may be hot or cold, using a filling of meat, fish, cheese, egg, nut, vegetable, or a combination of these. So we have for this type of luncheon these possibilities—

Creamy Omelet with Peas Luncheon Rolls
Pickles
Fruit Salad Cookies

– or –

Cheese Soufflé with Asparagus
Cinnamon Rolls Currant Jelly
Raspberry Quick Steamed Pudding

– or –

Sweet Potato and Almond Croquettes
with White Sauce
Bread Butter Mixed Pickles
Apple, Celery Salad Marshmallow Wafers

– or –

Poached Egg and Creamed Celery on Toast
Brown Bread Apple Jelly
Canned Apricots Peanut Cookies

– or –

Hot Pork Sandwich with Gravy
Beet Pickles Cocoa
Half Grapefruit

Luncheon dishes should be quickly prepared because there are always so many other household tasks that need attention. The desserts are usually simple, though some people prefer a rich dessert at luncheon, and a simple, light dessert for dinner. One may serve pies, bavarian creams, rich puddings, and ice creams at supper, or luncheon, if the rest of the meal is light. To illustrate—

Vegetable Soup Toast Sticks
Pickles
Hot Mince Pie Cheese
Coffee

– or –

Cauliflower, String Bean and Pickle Salad
Finger Rolls
Pineapple Bavarian Cream
Coffee

From these suggestions, it is evident that there is no need for monotony in the supper or luncheon menu, and left-overs may be served in a new form even more appealing than in their first appearance.

6. *Dinners*

It is not difficult to plan a good dinner. Secure a juicy steak, or roast, one or two vegetables, a salad, and a dessert; prepare each according to your favorite method; serve simply—and the feat is accomplished. To one who has mastered the art of a cheerful breakfast, and an attractive supper, the thought of company for dinner is not at all startling. Yet in the course of 365

dinners each year, one is apt to drop into a sameness of menus that is alarming.

The heartiness of the dinner depends on the other two meals. In many families, supper and dinner are almost equal in the amount of food served, while in others, dinner is preëminently the big meal.

TYPES OF DINNERS

No. 1

Protein
Vegetable
Breadstuff
Beverage
Salad or dessert

No. 2

Soup
Protein
Vegetable
Breadstuff
Beverage
Salad or dessert

No. 3

Soup, cocktail, or hors d'œuvre
Protein
Potatoes, rice, or starchy vegetable
Watery or green vegetable
Simple salad
Breadstuff
Dessert
Beverage

Dinner soups should be clear soups, high in flavor, to create an appetite. The cocktail at dinner is preferably oysters, flaked crab, or shrimp, with a highly seasoned sauce. If a fruit cocktail is served, it must be an acid, rather than a sweet fruit. Continental dinners usually begin with hors d'œuvres. These are appetizers served individually or in a platter passed to each guest. Such foods are tart pickles, sardines, bits of smoked meat, caviar, and anchovies. Canapés, or a dainty sandwich, may be served if it is petite, colorful, and highly seasoned to whet the appetite rather than satisfy it.

Meat, fish, or game is usually served at dinner as the main dish. Around this main dish the menu is planned.

Potatoes in some form are usually served at every dinner, though rice, hominy, macaroni, or some starchy vegetable may be served instead. If a second vegetable is served, it must be a watery or leafy green vegetable. Often this second vegetable is served as a salad.

Plain bread and butter is served in most families, although formal service omits bread in the dinner menu. Most American families, however, want rolls or some form of breadstuff with all three meals.

A salad course at dinner should be a light course. One of the several salad greens with a dressing is preferable. One should avoid meat, fish, and sweet fruit salads at dinner, because they are too heavy.

Coffee is usually served at dinner. This may be served with the main course, though many prefer it with the dessert. The English custom is to serve coffee from a tray or tea wagon in the living room at the close of a meal, but most American families will not take time for such service.

The type of dessert depends on the preceding courses. If the dinner is heavy, the dessert should be light. If an ice is served with the meat course, one should not close the meal with a frozen dessert.

Cheese, and water crackers are often served as a last course at dinner, since cheese causes the flow of the digestive juices. Roquefort, Camembert, or Neufchatel cheese is especially desirable at this time. It may be cut in small squares and served on small plates with a butter spreader.

If fruit is served at the close of a meal, the proper silver and plates must be placed before each guest, and the fruit passed in a basket or on a tray.

A formal dinner is not complete without candies and nuts served at the close of a meal.

Menus for a Week in June

SUNDAY

Breakfast

Grapefruit
Corn Flakes Cream
Buttered Toast
Coffee

Dinner

Roast Leg of Lamb Mint Sauce
New Potatoes in Cream
Buttered Asparagus Hot Rolls
Shredded Lettuce French Dressing
Rhubarb Sherbet Angel Cake
Coffee

Supper

Cottage Cheese and Tomato Sandwich
Angel Cake Blackberry Jam
Tea or Milk

MONDAY

Breakfast

Apricots and Rice
Cream Sugar
Graham Muffins
Coffee

Dinner

Rolled Flank Steak Browned Potatoes
Creamed Celery Radishes
Graham Bread
Strawberry Shortcake

Supper

Escalloped Potatoes and Eggs
Carrot and String Bean Salad
Rolls
Rhubarb Sauce Cookies

TUESDAY

Breakfast

Rhubarb Sauce
Oatmeal Cream
Warmed Rolls
Coffee

Dinner

Chartreuse of Rice and Meat
Buttered Carrots
Bread Apple Jelly
Fresh Pineapple Salad
Coffee Cookies

Supper

Creamed Omelet with Peas
Hashed Brown Potatoes
Baking Powder Biscuit Orange Marmalade
Tea or Milk

WEDNESDAY

Breakfast

Strawberries on Puffed Wheat
Buttered Toast
Coffee

Dinner

Veal Steak Mashed Potatoes
Buttered Beets
Bread Butter
Raspberry Whip Salt Wafers
Coffee

Supper

Vegetable Salad
Bread Olives Butter
Marshmallow Gingerbread
Whipped Cream
Tea or Milk

THURSDAY

Breakfast

Half Orange
French Toast Maple Syrup
Coffee

Dinner

Pork Tenderloin Lemon Sauce
Baked Potatoes
Graham Bread
Head Lettuce with Thousand Island Dressing
Dutch Apple Cake

Supper

Asparagus and Egg Loaf
Apple Pickles Bread
Cinnamon Toast
Tea or Milk

FRIDAY

Breakfast

Stewed Prunes and Rhubarb
Cream of Wheat — Cream
Hot Toast — Coffee

Dinner

Fish Fillet — Creamed Potatoes
Sliced Cucumbers
Brown Bread
Lemon Pie — Coffee

Supper

Macaroni and Chipped Beef
Shredded Lettuce Salad
Bread — Butter
Fruit Gelatin — Wafers
Tea or Milk

SATURDAY

Breakfast

Fresh Berries on
Shredded Wheat Biscuit
Coffee Cake
Coffee

Dinner

Beef Pot Roast — Mashed Potatoes
Brown Gravy
Buttered New Peas
Beet Pickles
Bread — Butter
Jelly Roll

Supper

Baked Beans
Brown Bread — Apple Jelly
Green Onions and Radishes
Fresh Pineapple Sauce — Cup Cakes
Tea or Milk

7. Menus for a Week

The chart showing menus for a week in June is given as a concrete illustration of the rules for planning meals. The menus given here were made for a family of average means, who have a garden, or who have access to fresh vegetables and fruits. Of course, very few families could carry out this week's menus in full, since a menu is a very personal piece of work that must be fitted and molded to suit specific needs.

In this plan, the breakfast is very light, consisting usually of fruit, cereal, hot bread, and beverage. It will be noted that there is no repetition in the fruit or cereal served, with the exception of the berries, which may be served often during their short season. The man of the family may need an egg; the children will need milk. It is not necessary to serve a large amount of fruit, but fruit in some form is most important as a starter for the day.

The dinner menus are of two courses, using a variety of meats and plenty of vegetables. The light berry and fruit desserts are far more attractive than heavy puddings and pies. So in the Thursday menu one could substitute a berry batter pudding, or berries and cream instead of the Dutch Apple Cake. If pies are served, the fruit pies and one crust pies are desirable. The tartness of a lemon pie makes it a welcome warm weather dessert. To those who can make frozen desserts easily, the problem is simple, since a sherbet, or ice cream is considered a treat by most everyone. Lucky is the family that can use ice freely in making frozen desserts, but one must consider the cost of ice and salt in using this type of dessert.

In the early summer, lamb is found in most markets and, if well prepared, it is a pleasing relief from pork and beef. It is well to give stews and roasts a little rest at this season by using more of the smaller cuts as steaks, chops, and combination dishes. So, too, it is well to use the fresh vegetables and salad greens in many ways and often. One does not mind repetition of tomatoes, cucumbers, new peas, asparagus, and string beans.

As to the supper menus, those listed may look too light for some families, but it would seem wiser and more economical of

the housewife's time to have larger servings and fewer prepared dishes.

The Sunday meals are planned with a light breakfast and supper, to balance the hearty dinner. Many families prefer to serve a more simple Sunday dinner, using foods that can be prepared the day before, in this way giving the housewife a day of rest. In this meal, the leg of lamb could be baked on Saturday. So, too, the potatoes may be cooked, and just heated up in the white sauce, while one heats the rolls and cooks the asparagus. If one gets the sherbet ready-made, this dinner could be easily prepared in three-quarters of an hour. It seems quite a pity to develop the idea of a big banquet menu on Sunday, although in too many homes this custom prevails to the extent that the mother has the busiest kitchen day of the week. Then after dinner, there is that big stack of dishes to do, while the man of the family reads the paper and enjoys the seventh day. If the dish supply allows, it is well to stack the dishes until a future time when one does not have on her best dress. With careful planning, the family may enjoy a good dinner, and the housewife may also find time to enjoy her family, her home, and Sunday.

For Monday breakfast, the rice may be cooked in a fireless cooker over night, or it can be cooked in thirty minutes in a big kettle of boiling salted water. Any dried or fresh fruit is served on rice to give a change in flavor. The question of hot breads at breakfast is a matter for each family to settle. In many homes, toast is the standby, while in others we find a woman who can stir up a "batch" of muffins "in no time." Muffins can be varied, not only by using different kinds of flours, but by adding fresh blueberries, raisins, or dates. Fortunate is the family that has one member who likes to make muffins.

A rolled flank steak is an inexpensive cut of meat that may be made very acceptable by long, slow cooking. In place of the celery, one could use turnips, cauliflower, cabbage, or any vegetable in season, but with this menu a creamed vegetable is better than a baked, fried, or buttered vegetable. Short cakes are so quickly prepared, and may be made by using any fresh, dried, and canned fruit, with cream, soft custard, or a sauce.

For Monday evening, a vegetable salad is suggested, to emphasize the importance of using vegetables in season. There is no meat used, since the meal seems quite hearty enough. Another point to notice in this meal, is that in its preparation, one does not use a frying pan.

On Tuesday, the lamb from Sunday, and the flank from Monday, combine to form the chartreuse. A fruit salad makes a good type of dessert here, since one does not need more starch.

There is no finer supper dish than an omelet. A creamy omelet is especially delightful when served with cheese, peas, asparagus, celery, tart jelly, or bacon.

For Wednesday supper, another vegetable combination is used for the main dish. Most any vegetable, if well seasoned with salad dressing, may be used.

Hot gingerbread makes a good dessert, and it is easily made. Marshmallows may be put between two layers of hot gingerbread, and the whole cake put back in a warm oven just long enough to soften the marshmallows. This is served with whipped cream, thin cream, or a vanilla sauce.

The Thursday breakfast seems more like a winter meal, but even in summer there is dry bread that must be used. This may appear either at breakfast or supper as French toast, or as milk toast, with or without jelly or bacon.

In most cities now one can buy pork tenderloin. Even though it is high in price, one must consider that there is no waste at all. Too often the so-called cheap cuts of meat are expensive per pound of edible meat minus bone and gristle.

The egg loaf with asparagus for Thursday supper can also be made with or without cheese. Cooked celery could be used in place of the asparagus to make it a delicious supper dish.

Too few people use fish. Even when fresh fish is not on the market it is possible to get canned fish flakes, salmon, shrimp, crab, and codfish. All of these can be made into many dishes as escallops, croquettes, loaves, in salads, and in combinations with rice, potatoes, or other vegetables.

On Saturday there appear several foods that require considerable cooking because in most families this day is used to prepare the foods for Sunday. So on this day, the pot roast may

be re-served on Sunday, and the baked beans and the cup cakes can well form a foundation for the Sunday evening meal. Many housewives always prepare fruit jelly, a meat loaf, salad dressing, cake, cookies, nut bread, or other "come handy" foods to take care of the Sunday meals.

Planning meals for a family is a fascinating problem. There is no limit to the possibilities of variety. There is no cause for monotony. The needs of the family is the objective. Fruits, vegetables, milk, eggs, cereals in countless combinations are found in abundance in our markets. If you find you are dissatisfied with your meals, try making out your menus for a week in advance. Do this for three or four weeks and study and criticize them as thoroughly as you do the menus found in papers and magazines. And remember always the secret to success is variety.

CHAPTER V

Menus and Service for Special Occasions

1. *The Buffet Luncheon*

THE buffet luncheon or supper is usually very popular because it is such an informal service. Buffet service is especially suitable when there is a large group of people in a moderate-sized house, or where the number of guests is more or less elastic. For a buffet meal, small tables may be placed about the house, in order that guests may carry their filled plates to these tables. But more often the plate must be held on the lap.

In all buffet service the dining table is the center of attraction, and is set with flowers, candles, silver, linen, and china. A beautiful tea cloth may be spread over the table, or doilies may be used, but the linen should be decorative.

The menu for a buffet meal must be chosen to add to the color scheme of the table. No item is too small to consider in making the buffet table a truly charming picture in balance, color, and harmony.

In any service where no tables are provided for the guests, the menu must be selected to meet the dangers of holding a plate on the lap. This eliminates the use of knives, sherbet glasses, parfait glasses, or goblets. Large plates should be used for all courses. It is well to serve buttered breads to do away with a butter spreader. A salad served on the plate with the main course, is eaten with the luncheon fork. Always plan to avoid overcrowding the plate.

At all buffet meals, it would seem wise to limit the menu to two courses—a main course and a dessert. The main course may consist of one or two hot dishes with relish, sandwiches or hot breads, and a salad. Or a meat salad may be served for one of the main dishes. One should consider the appearance of the plate and avoid foods that are too creamy or juicy. The dessert may be a frozen one, though usually not. A gelatin dish,

AN INFORMAL BUFFET LUNCHEON

a pudding, short cake, French pastry, or similar dessert is often served with a beverage, nuts, and candies.

There are three types of buffet service—informal, semi-formal, and formal buffet, depending on the number of people served, and the amount of help available.

The most informal type of service is used for ten to fifteen guests who are all well acquainted. A Sunday night supper is easily served in this way without the work of setting covers for every one. Since there is no waiting on table, no maid service is needed.

At such an occasion, the food, silver, and china for the first course are in place on the table when the guests are invited to the dining-room. Any silver, china, or food that is for following courses must not be on the table, but on a service table. Otherwise the guests can not decide what to choose for the first course.

In the informal buffet service, each guest helps herself first to a plate, then to the various foods. The silver, linen, and beverage should be the last items to be picked up, since they are apt to be troublesome if on the plate at the first. The hostess usually asks one guest to serve herself, and the others will follow her lead. For second helpings, the hostess may ask the guests to serve themselves, or the hostess may pass the dishes of food. This, however, is less desirable, since the hostess is kept busy waiting on her guests instead of entertaining them.

When the dessert is served the hostess clears off the dishes of the first course and sets the table for the dessert, placing the silver and dishes needed. When the table is ready, the hostess asks the guests to leave their soiled plates on the service table, and serve themselves dessert.

The semi-formal is perhaps used more often than the informal service. The only difference is that a friend of the hostess is asked to sit at the table to serve the main dish, and another guest may pour the coffee or chocolate. Since it is often hard to hold a plate in one hand and serve yourself with salad, potatoes, etc., most people prefer to have this semi-formal service. However, even in this service, guests help themselvs to breads, relishes, nuts, candies, silver. and linen.

AN INFORMAL BUFFET SUPPER

A chafing dish is often used at a buffet meal. Some hot foods may be kept hot and served attractively on a heated steak plank. If hot food is served, an effort should be made to keep the food hot, not semi-warm.

The menu offers a wide variety, even though limited by the difficulties of balancing the plate on your lap. Typical menus might be:—

1. *Yellow and Green*

Chicken Salad French Fried Potatoes
Buttered Asparagus with Grated Carrot
Hot Buttered Rolls Orange Marmalade

Peach Charlotte Russe
Coffee
Nuts Candies

2. *Valentine*

Creamed Chicken in Heart Timbals
Stuffed Baked Potatoes
Beet Hearts in Head Lettuce Cups
Valentine Sandwiches

Frosted Cream Puffs
Coffee
Nuts Candies

3. *Pink and Lavender*

Ham Timbales Creamed Potatoes in Paper Cups
Pear Salad with Grape Cottage Cheese Balls
Hot Buttered Biscuit Blackberry Jam

Strawberry Bavarian Cream
Lavender Divinity
Coffee

The formal buffet service is used for large numbers of guests. Here the waiters pass the filled plates from the large table to the guests. This service, though formal, is less formal than the usual service at tables.

The dining table is set with the greatest care. The guests are seated in the dining-room and in rooms adjoining. Sometimes the table is set on the porch, or at one end of the living room, if in so doing more guests may see the table.

A Formal Buffet Luncheon for Fifty Guests

The detailed service of a formal buffet luncheon served to fifty guests may be as follows:—

THE MENU

Chicken à la King in Timbales Parsley Potatoes
Pear Pickles in Ginger Ale Salad
Scones Olives

Apricot Torte
Salted Pecans Candied Orange Peel
Coffee

The picture illustrates the setting of the table when luncheon is announced. On service tables at the sides of the room are plates, forks, and napkins for the first course, and plates and forks for the second course. Two women will be seated at the table. They will be friends of the hostess who have been chosen to serve. Each one will serve half the plates. Two or more waitresses will pass the plates to the guests. A waitress brings an empty plate from the service table and places the plate (left side, left hand) before the woman seated at the table. When the plate is served the waitress lifts the filled plate in the left hand (the hand farthest from the one serving), and places the empty plate (in the right hand) in its place. The waitress goes to the service table and places a fork on the plate, and a napkin under the plate. This is handed to a guest, the handle of the fork in a convenient position for the guest. The waitresses continue to so exchange the filled plates for the empty plates until all the guests are served. The waitresses then pass rolls, olives, and small glasses of water. A waitress removes the empty platters of food. The rolls and relishes are passed a second time, then taken to the kitchen. The waitresses may remove two plates at a time, being sure not to remove the napkin.

When all the plates are removed, place the serving silver for dessert. Place the platters of apricot torte at the ends of the table where the planks of croquettes and timbales were for the first course.

The dessert plates are exchanged for filled plates by the waitresses just as for the first course.

A tray may be passed containing filled coffee cups, cream, sugar, and coffee spoons. Water should be passed to those who wish it.

Pass the nuts and candies.

After the dessert is served, the two ladies who served may leave the table.

The waitresses should remove all food dishes, and doilies from the table, leaving only the centerpiece and the flowers. As the guests finish their dessert, the bouquet is all that is left to make the table beautiful.

Nuts and candies are usually passed twice. The plates and napkins are then removed by the waitresses.

2. *Formal Luncheon*

The formal luncheon is, in most families, the only kind of formal meal served. This has taken the place of the formal dinner in families of moderate means, as they can not supply the butlers and other retinue of servants necessary for a formal dinner.

The formal luncheon hour is from one to two o'clock. This is usually a ladies' party. Invitations may be sent, though the telephone has become the popular medium for giving the invitation.

The formal custom is for guests to wear their prettiest afternoon frock. Hats and gloves are worn. The gloves may be removed in the dressing-room or at the table. However, this custom depends on locality. One should not insist on wearing a hat when no one else does so. In a strange community be prepared to do as the other better acquainted guests.

The luncheon offers the greatest opportunity for the hostess to display her skill. The finest linen, china, and cutlery are used. One large table or several smaller tables may be used. Usually doilies are preferred on a polished table.

The color scheme plays a prominent part in the success of this meal. This is carried out in the flowers, place cards, food, and in the frock worn by the hostess.

In planning the luncheon menu one must know: the date, the hour, the number of guests, the type of guests, the amount

of money to be spent, the amount of help needed to prepare and to serve the meal, and the supply of dishes and silver for serving. Do not attempt more than can be well done. It is better to "entertain simply but often, so learn to excel."

In planning the menu for the formal luncheon the following pattern may be used.

First Course: Soup, tart fruit cocktail, fish cocktail, or hors d'œuvre.

Second Course: Meat.

Creamed meat in cases, soufflés, small steaks, chops, croquettes, meat or fish salad, or jellied meats. Avoid roasts and heavy meats.

Potatoes.

Croquettes, scalloped, riced, in rose shapes, stuffed baked, French fried, or variations.

A second vegetable.

Jelly or conserve.

Hot bread.

Third Course: Salad of fruit or vegetable with some form of breadstuff.

Fourth Course: Gelatin, frozen dessert, individual pudding, pastry, or French pastry.

Coffee Candies Nuts

A fish course may be added after the fruit cocktail.

If a meat or fish salad is used in place of a hot meat, no other salad course is served.

Often the salad is served with the main course. This is especially done if the salad is made of vegetables.

All dishes served at a formal luncheon must be dainty and attractive.

If the hostess can not get help in service, she should follow the English style of service suggested for the family luncheon. The luncheon is no less lovely though less formal.

It is well for the hostess to place the written menu in her kitchen, and plan what may be done the day before. It pays to take time to organize and map out the order of procedure.

It is often possible to secure younger friends to help serve a

A Formal Luncheon

luncheon. If outside help is brought in, it is well to post in the kitchen a working plan for the table service, as follows:—

YELLOW AND GREEN LUNCHEON

Flowers—Jonquils	*Service at Table*
Salted Nuts, Green and Yellow Gum Drops	On table.
Grapefruit Cocktail (Mint Leaf)	In tall sherbet glass on doily on small plate on service plate. Remove sherbet glass and plate (left hand) from left side to service table. Take two plates to kitchen at one time.
Chicken à la King in Timbales Potato Roses Parsley Buttered Asparagus Hot Rolls Kumquat Preserves	On luncheon plate. Remove service plate (right hand), place luncheon plate (left hand) (left side). Pass rolls and preserves. Remove from left (left hand) to service table.
Pistachio Salad, Cheese Straws (Yellow Daisy Design)	On plate. Bring two to the service table. Place one at a time (left side) (left hand). Remove salad plate one at a time (left side) (left hand). Use service table. Remove salt and pepper sets and the doily under them (tray).
Orange Milk Sherbet, Little Cakes (Decorated with Yellow Roses and Angelica)	Sherbet on plate (or in sherbet glasses on plate). Serve as salad. Place coffee at right (right hand), handle of cup toward right with doily under saucer as it is placed. Pass cream and sugar.

The hostess may prefer to use the following variations in service:—

Bread-and-butter plates may be on the table when the meal is announced, though it is better to place the doilies, and then the plates, just before serving the second course. One may omit the plates and serve the roll on the luncheon plate. The rolls may be passed on a tray or in a basket.

Instead of serving the plates in the kitchen, the food may be passed to each guest on attractively arranged platters, with serving silver in place. This is considered by many as the best serv-

ice. Hot plates must be placed at each cover to receive the food. Remove service plate. Place hot plate. When presenting any dish containing food, have a folded napkin on the palm of the left hand under the dish.

If a bread-and-butter plate is used, this may be removed before the salad is served, or left until after the salad. In removing the bread-and-butter plates, remove the luncheon plate with the left hand and transfer to the right hand. Remove the bread-and-butter plate and doily with the left hand. If the salad or other side dishes are served, it is at the left of the plate. Therefore it is removed with the left hand, and placed on the luncheon plate, which is being held in the right hand. Do not stack the dishes in front of the guest. Remove one complete cover at a time.

If the table needs to be crumbed, use a plate and napkin. Do not be conspicuous or make much of this operation.

The coffee is usually served with the dessert. A doily is placed under each coffee cup. The handle of the cup is toward the right.

Individual finger bowls may be placed above the plate during the dessert course or brought in after the dessert course is removed.

3. *The Formal Dinner*

For people of moderate circumstances this has become an almost obsolete form of entertainment, since it demands two or more waiters for each four or six guests. There must be adequate kitchen space as well as dining-room help. The elaborate table d'hôte, or banquet dinner, is the nearest approach to the formal dinner.

A PATTERN MENU FOR A FORMAL DINNER

Oyster Cocktail

Horseradish Sauce Celery

Filippini Consommé Salt Wafer

Fried Rainbow Trout O'Brien Potatoes

Creamed Sweetbreads in Timbales

Larded Fillet of Beef Madeira Sauce Riced Potatoes
Buttered Asparagus Tips

Pineapple Fritters

Roast Canvasback Duck Baked Onions

Head Lettuce Thousand Island Dressing
Bread and Butter Sandwiches

Frozen Pudding Sweet Wafers

Roquefort Cheese Water Crackers

Candies Nuts
Coffee

If a woman of today hires a caterer to come to her home and bring waiters to serve a dinner, the menu usually consists of not over six or eight courses—as:

1. Hors d'œuvre.
2. Soup.
3. Fish.
4. Entrée.
5. Roast.
6. Salad.
7. Dessert.
8. Coffee.

Linen, silver, and dishes must be adequate and suitable, before attempting such an undertaking.

FORMAL DINNER INVITATION

Mr. and Mrs. Charles Torrey
request the pleasure of
Miss Viola Gray's
company at dinner
on Friday the Sixth of July
at eight o'clock
at Twenty-four, Sixth Street.

The same form is used for regret or acceptance:

Miss Viola Gray
regrets that she is unable to accept
Mr. and Mrs. Charles Torrey's
kind invitation for dinner
on Friday the Sixth of July.

Invitations for informal luncheons and dinners are phoned, or an informal note is written.

The reply to an invitation should be the same form as the invitation, that is, a formal invitation demands a formal reply; an informal invitation demands an informal reply.

Invitations to a formal dinner should be sent at least one week in advance. The reply to an invitation should be sent within two days of the receipt of the invitation.

4. *Teas*

A tea may be a most informal gathering of four or five friends, or it may be a large, semi-formal affair where the guests number one hundred. Such a large tea has taken the place of the very stiff reception of other days. A tea, in contrast to a reception, must always have an informal, sociable atmosphere.

Invitations to an informal tea may be phoned, or the hostess may use her visiting card, and in the lower corner write, "April Fourth, Tea—Four o'clock." For such a tea, a gate-leg table may be set in one corner of the living room, and the hostess herself may pour, though it is much better for the hostess to ask a friend to pour, so that she may be free to greet her guests and assure an enjoyable afternoon.

Each guest goes to the tea table and is served a cup of tea. She then selects a sandwich, cake, and nuts for herself, and carries her plate to a chair near a friend.

At an informal tea, sandwiches, hot biscuit, cinnamon toast, English tea muffins, nut bread or similar breadstuff is usual. A preserve may be served or just nuts and candies. Little cakes or cookies may also be on the table. Often a choice of tea and chocolate, or hot spiced grape juice is offered the guests.

A guest may wear a suit, hat, and gloves, or an afternoon dress may be worn. The hat and gloves are always worn. A guest stays fifteen to thirty minutes, and if the hostess is busy, the guest need not speak to her on leaving, since she has spoken to the hostess on entering.

One need not send an acceptance or regret to an invitation to a tea. Formal custom demands that if one can not attend, her card is sent to the hostess the day of the tea. If the tea

is given for a visitor, or a débutant, cards must be sent for this guest of honor also.

The success of a tea depends on the spirit of hospitality and the atmosphere that prevails. At a tea one uses gay china, wee napkins of lovely design or of unique color. The food served

An Informal Tea

must be colorful and attractive rather than filling. The personality of a hostess is expressed most clearly in a tea table.

A large tea may be an "at home" day, or may be to introduce a prominent person.

Several types of invitations are in use in different sections of the country. Invitations should be written on small white cards, fitted into white envelopes, and mailed at least a week before the tea.

Mrs. John Witt
Friday, March the Fourth
Third Avenue North
Three to Five o'clock.

or

Mrs. John Witt
for
Miss May Newcome
Friday, March the Fifth
Third Avenue North
Three to Five o'clock.

or

Mrs. John Wright
will be at home
on Thursday the Fourth of March
from Four to Six o'clock
Twenty-two Third Avenue.

Some hostesses prefer a less formal invitation and write on a correspondence card:

Do come in for a cup of tea
on Thursday the Fourth of March
from Four to Six o'clock
Mrs. John New
Twenty-four Maple Ave.

If a visitor is to be presented, the hostess and visitor must stand near the door to greet the guests. A friend of the hostess is delegated to invite the guests to the dining-room. There may be vocal or instrumental music, but no set program. Guests must feel free to visit and move about, regardless of the music.

The dining-room is the mecca of the afternoon tea. The table must display the greatest skill of the hostess. If the shades are drawn, and candles used, very pretty effects are possible. Two friends of the hostess "pour" at the table. These friends are chosen to add to the decorative effect of the room, and to be gracious to the guests.

The guests may go up to the tea table and serve themselves, or a waitress may ask, "Will you be served to tea or coffee?" The waitress brings a plate, filled cup, spoon, and napkin, and then passes cakes, sweets, and other tea dainties. This last method is especially desirable at large teas where the guests are not all well acquainted.

The foods served are similar to the less formal tea.

A choice of beverages may be given: hot or iced tea, hot or iced coffee, hot or iced chocolate, punch, hot spiced grape juice, or even bouillon.

Dainty sandwiches may be made to suit any color scheme, and little frosted cakes add to the attractiveness of the table. It would seem best to eliminate foods requiring a fork, unless small tables are provided for the guests.

In summer, fancy frozen sherbets, and ice creams, may be served with wafers or wee cakes, or a frappé or iced punch may be served instead of a hot beverage.

Whatever the selection of food, it must be dainty and colorful, and it should express individuality. The flowers, the linen, the china, as well as the food, should all help to make complete the artistic atmosphere of the tea table.

5. *The Reception*

A reception is a method of introducing a distinguished guest to a large number of people. A president of an institution, a pastor, or other officials may in this way meet several hundred of his associates. Such a reception may be held in the afternoon or evening. The invitations should be engraved or printed, and should be mailed at least a week before date set.

President and Mrs. Roy Pomp
request the pleasure of your presence
on Thursday, June the First
from Eight to Ten o'clock
Five Hundred Newell Street.

One need not acknowledge the receipt of an invitation to a reception. If one accepts the invitation, one may go at any time between the stated hours to remain fifteen or thirty minutes. A card tray is usually placed in the dressing room or hall, to receive the cards of the guests. A lady guest retains her hat and gloves at this occasion. On entering, a guest greets the hostess. If there is a reception line, a guest speaks her name to the one first in line, who in turn introduces the guest to the next in the reception line. A guest should shake hands, speak a few words, and pass on.

A friend of the hostess usually invites the guests to enter the dining-room. Friends of the hostess serve all the refreshments, but hired help may bring and remove plates and cups in the dining-room.

The dining table is laid either with a luncheon cloth or with doilies. It is decorated with flowers, and if it is evening, candles may be used.

At a reception, chairs need not be furnished for the guests, though in the dining-room there are usually chairs.

The refreshments served at a reception are similar to those of a formal tea. Usually but one course is served, as individual ices, cakes, nuts, bonbons, coffee, or hot chocolate. In warm weather fruit punch, iced tea, or frappé may be served with the sandwiches, cakes, or nuts.

Friends of the hostess may preside at either end of the table to pour and to serve. A napkin should be provided to protect the gown of the one who pours. On the table are placed the sandwiches, cakes, candies, salted nuts. One must avoid a crowded table. Napkins need not be used. (Never use paper napkins.) The silver and dishes are placed on a serving table and brought to the table as needed by the waitresses. Girl friends of the hostess usually serve the guests on entering the dining-room. To do this, the waitress asks each guest which beverage she prefers. She then brings the napkin, held under the plate, and the cup and spoon on the plate, to the guest. She then passes the sandwiches, cakes, nuts, and candies.

Music is often provided at a reception, but it should be soft, so that it does not interfere with the conversation.

A guest need not take leave of her hostess.

One need not make a call after receiving a reception invitation unless it be given for a visiting guest.

6. *Afternoon and Evening Card Parties*

For large parties, one should not plan to play cards for more than two hours. Rules for keeping score, and other instructions, should be typed and given to each table at the first, so that no confusion arises.

Remember that the company is less formal after refresh-

ments are served. Serve early, because some guests may have duties at home that require an early leaving.

The refreshments should be such that the hostess may spend the greater share of the time with the guests.

At small parties the dining-room table may be laid for serving, and the guests invited there for refreshments.

Small tables may be set with lunch cloth, silver, linen, and flowers, and brought into the rooms, to be exchanged for the card tables. The more usual way is to announce to your guests that "this will be the last hand," the cards and scores are collected, and a luncheon cloth is spread over the card table covers. Silver and linen is placed from a tray, then the plates are served. Friends of the hostess often assist her in this service, so that hot food will not cool, and frozen food will not melt during the long wait.

Do not serve too elaborate refreshments. Afternoon refreshments should be served at 4:30 o'clock, and should not be so hearty as to take the place of dinner. Evening refreshments should be served by 10 o'clock. The recentness of the dinner hour necessitates light refreshments.

One course may be served as frozen or cold dessert, cakes, coffee, nuts, and candies, or as a fruit salad, sandwiches, cakes, coffee, nuts, and candies.

If one serves two courses one may use:

Creamed Sweetbreads on Toast

Rolls Potato Chips Pickles

Frozen Dessert Cakes Candies

Coffee

or a meat or fish, gelatin or fruit salad with hot rolls or sandwiches may be served as a first course.

Mousse, Meringue, Charlotte Russe, Coupé Bavarian cream, French pastry, and fresh fruit short cake make attractive desserts.

Sometimes hot sandwiches, as chicken, club, or cheese are used for winter parties.

The originality of the hostess is never at a greater premium. A hostess often becomes famous for a special kind of cake or ice. One should not insist on a recipe for this unless the hostess

offers to give it. If the recipe is given, be careful to not serve it as your feature dish when the originator is present, unless you give full credit.

To accept an invitation to a card party is to become indebted to the hostess for a similar invitation.

On leaving, one should express to the hostess one's pleasure and appreciation of the invitation.

7. A Breakfast Party

A breakfast party must necessarily be less formal than a luncheon. A breakfast is served any time up to 12:30, after that the meal is called a luncheon.

To entertain at breakfast may mean a most simple sort of a family breakfast, served from 9 to 10:30 o'clock, or if served at 11 or 12 o'clock, the breakfast may take on the proportions of a luncheon.

In summer, breakfast "bridge" parties are popular, because the preparation of the food comes before the heat of the day. If a breakfast is served out of doors a special charm is added to the party.

A breakfast is usually served at tables, though if the occasion demanded, a buffet service could be used.

For the informal breakfast, served from 9 to 10 o'clock, the menu is similar to that of a family breakfast as:

Fruit

Cereal — Sugar — Cream

Omelet — Bacon
Muffins — Jam
Sugar Cookies
Coffee

Fresh Raspberries
Waffles — Maple Syrup
Brookfield Sausages
Coffee

A breakfast menu, served from 11 to 12:30, would be similar to a luncheon menu, though there are seldom over four courses,

and usually the salad is omitted or served with the meat, so as to make but three courses. At such a breakfast a sweet course may be served as a frozen dessert.

Grapefruit

Fried Spring Chicken New Peas in Timbals
Hot Rolls Jelly
Asparagus Salad

Frozen Pudding Cakes
Coffee

Strawberries

Fried Brook Trout Potato Chips
Radishes Sliced Cucumbers

Chicken à la King in Timbales Parsley Potatoes
Baking Powder Biscuit Currant Jelly

Fruit Sherbet Cakes
Coffee

The invitations to a breakfast are nearly always written in the first person, in informal style. A correspondence card is used:—

Dear Mrs. Newcome:
Will you have breakfast with me on Thursday, the sixth, at twelve o'clock, to meet my sister, Mrs. Goodrich?
Sincerely,
Marion Elder.

Informal invitations are almost always telephoned.

8. *Refreshments for Weddings*

The type of refreshments suitable for weddings depends on the hour, the number of guests, the equipment in the home, the amount of help, and of course, the wishes of the bride. Surely at her own wedding the bride should feel free to have arrangements just as she pleases, regardless of conventions or social dictates. One bride may wish the formal procedure as advocated by books of etiquette for The Four Hundred. Another bride may wish to abolish all form, and have her wedding a gathering

of friends and relatives, to share with her these happiest of hours.

One word of caution to the over-ambitious bride. At this time more than at any other must one realize the "eternal fitness" of things. It is most incongruous to serve a banquet to the wedding guests at the expense of shattered nerves of the bride, and physical collapse of the mother and the rest of the household. One must remember that the food served is a mere incident in the general scheme of the wedding. The health and happiness of the bride and her family is of utmost importance. The guests do not come to eat! They come to see the bride!

The time of day usually somewhat determines the type of food. Up to 12:30 o'clock, a breakfast is served. From 12:30 to 2:00 o'clock, a luncheon menu is used. From then until 6 o'clock, refreshments suitable for a tea or afternoon party may be served. From 6 to 8 o'clock, a dinner is expected. After 8 o'clock the refreshments should be similar in type to those served in the afternoon.

The method of serving these refreshments is determined by the size of the house and the amount of help. Buffet service is always attractive in a small house. If there is room, the guests may be seated at small tables, that are previously set, and brought into the rooms after the ceremony. The dining table is set for the bridal party, which consists of the bride, groom, parents of both, the minister, and any other chosen friends. In some cases, the parents and older friends are seated at one table, and the bride, groom, bridesmaids and ushers are served at the bride's table.

In serving at tables, the service is similar to that of any other "party" meal.

A bride's cake is always a feature of the wedding. This is a white cake, usually of several tiers, and decorated with white frosting. This cake may be the center decoration for the bride's table, or it may be brought in after the dessert. The bride always cuts the first slice for herself. She may cut the entire cake, and let each one help herself. In the cake are usually placed wee symbols for the merriment of the guests. These are wrapped in tin foil and pushed up into the cake after it is baked, before

frosting. A dime means wealth; a ring, the next to wed; a wish bone, good luck; a button and a thimble, single life.

Groom's cake is fruit cake. This may be cut in slices and passed to the guests, or a small decorative box containing a wee piece of fruit cake may be given to each guest—according to the old custom. The tradition is, that to sleep on wedding cake is to dream of the future mate.

The service of the cake is entirely at the will of the bride. Where there are many young guests, this may become quite a feature of the occasion.

The kind of food served is determined by the local market, the amount of help, the finances of the family, the number of guests, the equipment of silver, linen, and dishes, the season of the year, and the wishes of the bride. The following are but suggestions:

BREAKFAST

Pink

Strawberries au Naturel

Broiled Lamb Chops New Potatoes in Cream
Buttered Asparagus
Rolls Jelly

Raspberry Ice Cream Bride's Cake
Nuts Candies
Coffee

LUNCHEON, AT TABLES

Pink

Ox-heart Cherries
Fried Spring Chicken Potato Roses
Buttered Peas in Turnip Cups
Hot Rolls Jelly

Tomatoes and Cucumber Salad Salt Wafers

Peppermint Parfait Angel Cubes
Bride's Cake
Nuts Crystallized Fruit
Coffee

LUNCHEON—BUFFET

Lavender and Pink

Creamed Chicken in Cream Puff Cases
Stuffed Baked Potatoes
Pink Gelatin Salad in Green Peppers
Buttered Baking Powder Biscuit
Grape Jelly

Black Raspberry Ice Cream in Meringue Cases
Nuts Candy
Coffee

AFTERNOON REFRESHMENTS

Green and White

Mint Punch Assorted Sandwiches

Fancy Ice Cream Molds Bride's Cake
Candies

DINNER

Yellow and Green

Cantaloupe Balls

Bouillon Toast Points
Celery Olives

Broiled Squab Potato Soufflé
Carrots Glacé
Rolls Quince Jelly

Head Lettuce Thousand Island Dressing
Cheese Straws

Orange Ice Roses Bride's Cake
Nuts Candies Fruit
Coffee

EVENING REFRESHMENTS

1. *At Reception—Rainbow Colors*

Ice Cream Hearts Fancy Cakes
Assorted Fondant Patties Salted Nuts
Coffee

2. At Tables—Christmas Colors

Chicken Salad Parsley Potatoes
Cranberry Jelly Mold
Finger Rolls

Fancy Brick Ice Cream Cocoanut Snow Ball Cakes
Bride's Cake
Turkish Delight Turkish Mint Paste
Coffee

CHAPTER VI

How to Serve Food Attractively

1. *Garnishes*

THE simplest food is often made most attractive by a skillful cook. A daintily garnished dish will tempt the fagged appetite and will change an ordinary, uninteresting meal into a company occasion. An observance of the laws of art is as necessary in making an attractive table and a prettily served dish as it is in furnishing a room or designing a costume.

The principal points to be remembered in garnishing a dish are:

Garnishes should be simple and edible.
They should not suggest undue labor nor much handling.
They must not interfere with the service of the food.

Do not try to imitate that which is unpleasant to eat, as a pear and almond salad made to resemble a porcupine. Such freaks are served only at feature parties.

Paper frills are used on the ends of chops, drum sticks, etc. These may be white or colored, and are easily made at home, if one can not buy them at the meat shop.

Paper doilies are not used except when the linen doilies would be ruined. Linen or lace doilies are placed on the dish used to serve bread, cake, candies, and under the finger bowl. A doily may also be used on the plate on which the dessert glass stands in serving fruit, cocktail, or dessert. It is permissible to use a paper doily on the plate on which brick ice cream is served.

Avoid all intense colors in the use of vegetable coloring. Blue and purple are not attractive colors for food.

Parsley is used to garnish meat and vegetable dishes. It may be grown in a pot in the kitchen window throughout the winter. Parsley should be washed well, and wrapped in a damp cloth, or kept in a covered glass jar, until ready for use. One leaf of parsley may be placed on a butterball. A small portion may be dropped onto the top of cream soup. Use only one or

PLANK SERVICE OF MEAT AND VEGETABLES

two sprigs of parsley in garnishing a meat platter, casserole, or other dish containing the vegetable. A clump of parsley is more attractive than a row around the entire dish.

Do not over-decorate with parsley, paprika, pimiento, or lemon. A little is attractive; too much is offensive. Paprika is used to add red color. Never allow any paprika to be scattered on the edge of the plate or dish. Select a brand that has a good bright color. Paprika is apt to become webby in warm weather.

Lettuce is used to serve under salad. Leaf lettuce may also be used to garnish a cold meat platter. Lettuce should be made crisp by standing in luke warm water for one-half hour, then washed thoroughly and further made crisp by standing in cold water. The head may be left whole or separated into leaves. Roll in a cloth or bag and place on ice until ready to use. Dry the leaves in a towel before using. Leaf lettuce is apt to have little green lice on it. To detect these, each leaf must be held up to the light, as the lice do not wash off easily. Solid head lettuce may be cut in quarters and served with French or mayonnaise dressing.

To shred lettuce, roll the outer leaves of head lettuce or leaf lettuce, and cut with the scissors.

In using lettuce, do not completely cover the plate, but place the leaf to one side. Never let the lettuce extend beyond the edge of the plate.

Celery leaves may be washed and used to garnish meat, vegetables, and salads.

To prepare celery for the table, cut off the roots and old leaves. Use the outside stalks for soup or for creamed celery. Only the center stalks are desirable for serving raw. Clean the tender stalks with a brush. Cut into uniform lengths and chill in ice water. Dry on a cloth and roll in a cloth or bag. Put in the ice box until ready to serve.

To curl celery, cut tender stalks into three-inch pieces. Slash the ends into thin strips one inch long. Slightly cut the outer fiber at the base of these slashes. Leave in ice water for three hours and the ends will curl back.

Serve celery on a bed of cracked ice. It may be served with green, ripe, or stuffed olives. Curled celery is often used to garnish a salad.

To cut celery club style, select small, perfect stalks of celery. (Michigan celery is especially good for this purpose.) Cut the stalks in halves or quarters lengthwise.

Celery stalks may be cut into three-inch strips and filled with pimiento, cream cheese, Philadelphia cream cheese, or cottage cheese sprinkled with paprika. This is good served with a salad.

Nasturtium, grape, and other pretty leaves may be used to garnish meats, salads, or vegetable dishes.

Cream and vegetable soups may be served in a closed tureen and dished at the table with a silver ladle. Low soup bowls are used for creamed soup. Clear soups are served from the kitchen in bouillon cups.

Soup is garnished with a bit of parsley, a spoonful of whipped cream, a bit of celery leaf, paprika, small, fancy-cut cooked carrots, or beets, a few croutons, or a little popped corn.

A plate is used under soup bowls and under the saucers used with bouillon cups.

One should not overcrowd a platter and run a risk of having the cloth soiled with meat juices, peas, or other food. The carving of a fowl does not permit using platter space for the vegetables.

Meats are more attractive when served on a large platter, plank, or chop plate, with the potatoes and second vegetable. Thus one may place the chops in the center of the platter, with mounds of riced potatoes at each end, a pile of buttered beets at each side, and string beans in between the beets and the potatoes. A dash of paprika on the potatoes, a sprig of parsley on the chops, and one has transformed an uninteresting meal into a most appetizing one.

Avoid the use of small side dishes. Never serve a vegetable in a side dish if the salad is served with the same course. Almost all vegetables may be served by the host directly on the plate. It is his duty to so place the meat, potatoes, and vegetables that each plate looks attractive. A bit of parsley is served with each plate to make a complete unit.

The salad may be served from a bowl or platter by the hostess. On the lettuce, arrange the different fruits or vegetables in piles unmixed. The salad dressing may be served in a bowl at the side of the salad bowl. Extra lettuce may also be served, so that the hostess may easily serve the individual salad plates.

A Salad Served by the Hostess at the Table

Individual salad portions may be arranged on the salad platter ready for service at the table, or a mound of the salad may be placed in the center of the lettuce. This table service of salad is especially good for luncheon or supper. It is always desirable at tables where there is no maid.

If there is no soup course, and the salad is to be served with the meat course, the individual services of salad may have been placed at the left of each cover when the meal is announced.

Serve the salad dressing at the side of the salad rather than on top.

Cut the material for the salad in uniform pieces and avoid mashing. Meat, fish, and most vegetable salads must be marinated with oil, vinegar, and seasoning for an hour before serving in order that the whole salad may be well seasoned. Other dressing may be served at the table. A salad of juicy fruits should

Dessert Served by the Hostess

never be mixed with the dressing, as this gives a stirred and messy dish.

Desserts are attractively served from a bowl or platter at the table by the host or hostess rather than individually from the kitchen. All puddings, pies, gelatin desserts, short cakes, and ice creams may be placed in pretty dishes and served by the host while the hostess pours the coffee. If sherbet glasses are used, they are brought on a tray to the table and placed at the left of

the host. The dessert plates are placed in front of the host; service silver is placed at the right. The bowl or platter with the dessert is placed in front of the dessert plates. The host places a sherbet glass on the dessert plate and serves the dessert into the dessert glass. If the dessert is served in individual portions in the kitchen, a tray is used to bring the small dishes to the serving table. The small dish is placed on a plate and served to the guests one at a time. For desserts served at the table the four-inch glass nappy is preferable to a tall sherbet glass.

2. *The Pastry Bag*

The uses of a pastry bag are so effective and numerous that every hostess should learn to use the tubes. There are different types found in hardware departments and advertised in household magazines. For most purposes the canvas bag and tin tubes are most satisfactory. A bag costs fifty cents, and one needs but three sizes of star tubes at twenty-five cents each to make a fine working unit. If one wishes to do fancy work or cake ornamenting one needs an ornamenting syringe and set of twelve tubes costing three dollars.

Some suggestions for the use of:

1. The large-sized star tube.
    a. Mashed Irish or sweet potato roses.
    b. Potato roses on stuffed baked potatoes.
    c. Doughnut mixture squeezed into hot fat.
2. Medium-sized tube.
    a. Meringues on pies, and puddings.
    b. Mayonnaise dressing on salad.
    c. Cottage cheese garnish for salad.
    d. Whipped cream on desserts.
    e. Cream puff mixture for fancy cakes.
    f. Hard sauce.
3. Small-sized star tube.
    a. Egg mixture in deviled eggs.
    b. Butter roses from creamed butter.
    c. Uncooked frosting, white or colored, on cakes.
    d. Colored butters used on open sandwiches.

To learn to use a bag, use mashed potatoes and practice until one has learned to squeeze the bag continually and move slowly, forming perfect shapes with deep ridges. The material put through a tube must be soft enough to flow easily, yet stiff enough to hold its shape. Potatoes may be made into roses on a platter, plank, or tray, and reheated before serving, to insure good, as well as pretty, potato roses.

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